

Upcoming Events



March:

18th - Lecture: "Dining Out Guilt Free," Thursday, 7:00-8:30pm

Cost - FREE

Location: Legacy Meridian Park Medical Center

April:

17th - 3rd Annual Tualatin Community Health & Safety Fair & Fit City 5K Run/Walk

Location: Tualatin Community Park

Schedule:

9:00-10:00am - 5K Run/Walk

Register at:

www.tualatinchamber.com

10:00am-1:00pm - Health & Safety Fair:

Presentations and Discussions:

10:30-11:30am: Internet Safety

10:30-11:30am: Medicine Beyond Drugs and Surgery

12:00-1:00pm: When To Go To The Emergency Room

12:00-1:00pm: Combating Childhood Obesity - A Community Effort

Every Monday:

Weight Management Support Group, hosted by Jerry Preator (Take Shape For Life), 6:30pm, followed by an optional Take Shape For Life tasting, 7:30pm.

Topics covered will include emotional eating and the Habits of Health.

Tualatin Chamber of Commerce, 18791 Southwest Martinazzi Avenue, Cost - FREE

For more upcoming events, see page 6.

For more, go to:

<http://www.tualatinchamber.com/index.php?page=fitcityevents>

BROUGHT TO YOU BY THE TUALATIN CHAMBER OF COMMERCE



M A R C H / A P R I L 2 0 1 0

Building a Healthy Community

In this edition of the Tualatin Fit City Challenge newsletter we give you tips, event info, and food for thought to help you live a healthier lifestyle.

3rd Annual Tualatin Community Health & Safety Fair

Mark your calendar to attend the 3rd Annual Community Health and Safety Fair which will be held in Tualatin Community Park at the Juanita Pohl Center on Saturday, April 17 from 10am to 1pm. The theme this year is "Health and Wellness for All." Tualatin Fit City Challenge will be holding the "Fit City 5K Run/Walk" at 9am.

All funds raised will go to making the Tualatin community healthier through the efforts of the Tualatin Fit City Challenge. This year's Health and Safety Fair will have free health screenings and services. The Lions Mobile Health Screening Van will provide free health screenings for visual acuity, glaucoma, blood pressure, hearing, and diabetes. A 4 hour fast is re-

quired prior to screening for those wishing to take part in the diabetes screening. Legacy Meridian Park's Balance Master will be giving balance tests for risk fall assessment. New this year will be Providence Bridgeport Health Center, who will be demonstrating the center's Wii equipment for Fitness and Rehabilitation.



Speaker presentations and discussions will also be happening from 10:30am to 1:00pm in the Lafky House and Juanita Pohl Center. Topics will include internet safety, alternative (continued on page 3)





Photo by Jordan Tuttle



Photo by Jordan Tuttle



Photo by Jordan Tuttle



Photo by Jordan Tuttle

Fit City 5K Run/Walk at the 3rd Annual Tualatin Community Health & Safety Fair

The Fit City 5K Run/Walk will be held on Saturday, April 17th at 9:00 am in conjunction with the 3rd Annual Tualatin Community Health & Safety Fair. The course is fast, flat, and friendly! The start line will be at the Van Raden Community Center in Tualatin Community Park. Runners and walkers will travel over the pedestrian overpass to Durham City Park and Cook's Park and then head back to the Juanita Pohl Center for the finish.

You can register at www.tualatinchamber.com - look for the Fit City Challenge logo. Your registration fee includes a t-shirt, refreshments at the end of the race, awards, and prizes. Pre-registration is \$20 per person or \$15 per person for groups of 3 or more. Race-day registration is \$30. You can pre-register online by Wednesday, April 14th at the Tualatin Chamber website (see link above) or at Road Runner Sports in the Nyberg Woods Shopping Center (7063 SW Nyberg Street, Tualatin). Join us for a great morning run or walk and check out the Tualatin Community Health & Safety Fair following the race. See you at the starting line!

*Want to Know
More? Visit:*

[www.tualatinchamber.com
/?page=fitcity](http://www.tualatinchamber.com/?page=fitcity)

*The Tualatin Chamber
of Commerce
(503) 692-0780*

*Jerry Preator, Fit City
Chair
(503) 799-4317*

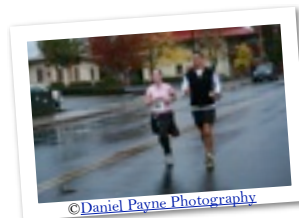


WEIGHT LOSS

- Eating to 80% Full -

By Jeff Clark, ND, True Health
Medicine

Practice "hara hachi bu"
and you'll live long too!
- Jeff Clark, ND, True
Health Medicine, PC
(continued on page 3)



©Daniel Payne Photography

EXERCISE

- Training for a 5K -

By Debbie Dehler, Fitway
Lifestyle

Training for a 5K run or
walk begins with a
training program that will
get you to your
(continued on page 3)

GET TO KNOW YOUR VEGGIES - Jicama -

By Jane Schuster, RD, LD, CDE,
Legacy Meridian Park Medical
Center

May I introduce you to a
vegetable you may not be
familiar with? Jicama,
(pronounced "hick" "ah"
"ma"), comes from parts of
Mexico and South Amer-
ica and has been compared
to an apple/potato cross.
(continued on page 4)

3rd Annual Tualatin Community Health & Safety Fair

(continued from page 1) medicine, when to go to the emergency room, and childhood obesity. Mayor Lou Ogden and Monique Beikman will present “Combating Childhood Obesity - A Community Effort” from 12:00-1:00pm in the Lafky House. Attendees can participate in exercise demonstrations in the Van Raden Community Center between 10:15am and 12:45pm. Presenters will engage participants in stretching, yoga, and balance exercises while addressing the benefits of each.

Please join us for a day of over 22 health and wellness resource vendors. It will be a community event the whole family can enjoy - we hope to see you there!

WEIGHT LOSS

(continued from page 2) Now that I have your attention, what exactly is “hara hachi bu”? That is the name of the Okinawan practice of eating until you feel 80% full. Besides being much leaner than the typical resident of North America, Okinawans tend to live longer while in good health - many to age 90 and 100+. Following the practice of “hara hachi bu,” Okinawans tend to have a lower body mass index, resulting in a lowered risk for diabetes, heart disease, and cancer - three of the biggest causes of ill health and death in our country.

Thinking the payoff of a lowered risk for chronic disease is not worth always feeling hungry? Know this. Okinawans are also amongst the happiest people in the world. Here’s the thing. It takes 20 minutes for the “full” feeling to reach your brain. So, while you may only feel 80% full at the end of your meal, waiting 20 minutes often leads to a feeling of 100% full by allowing your brain to receive the complete message from your stomach. Thus we have an 80/20 rule: eat to 80% fullness, wait 20 minutes to feel full, and extend your healthy life span by 10 or more years!

EXERCISE

(continued from page 2) goal come race day. 3.1 miles in length, a 5K is suited for runners or walkers of various ability levels. Your training program will depend on a few factors: how much time you have before race day, your current fitness level, your reason for doing the walk or run (i.e. for fun, personal health, or competition), and of course, your own determination and perseverance.

For most people walking a 5k, an elaborate plan isn’t necessary. However, for the novice runner, getting help with the training program should be the first step. Books on training, personal trainers or coaches, and websites offering training advice are abundant, but its quality, not quantity that matters when finding an effective training plan. Find a reputable source that walks you through all the steps for your fitness level. Training programs should always be progressive so you can slowly build to your goal fitness level and prevent injury. This component of training plans stands true for all levels of runners and walkers.

Safety should be your first priority when training. This may include a proper warm up, post-exercise stretching, and proper eating and hydration. Interval training may also be a part of your program to help build speed and endurance. Please see your health care provider before starting any new exercise program.

GET TO KNOW YOUR VEGGIES

(continued from page 2) It is crisp, slightly sweet, juicy, and a good source of potassium and vitamin C.

Jicama is found in two forms: agua (watery juice) and leche (milky juice) and can weigh between a few ounces to six pounds! It is covered in a fibrous dust-brown skin that must be peeled off. Inside is a crispy white flesh.

It can be steamed, baked, boiled, mashed, or fried. It can be sautéed, stir-fried, or simmered. Use it as a scooper for dips or add to a fresh fruit salad. Jicama is low in starch and low in calories and can be used in many innovative ways. Don't judge the jicama by its skin! Give it a try.

Jicama, Shiitake and Scallop Stir-Fry

Serves 4

- 1 teaspoon balsamic vinegar
- 2 teaspoons sesame oil
- 1 pound bay scallops
- 2 tablespoons vegetable or peanut oil
- 2 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 1/4 teaspoon crushed red pepper flakes
- 1/4 pound shiitake mushrooms, stems discarded and caps cut into strips
- 1/2 medium jicama, peeled and cut into matchsticks
- 2 green onions, thinly sliced
- 1/4 cup chicken or vegetable stock

Sprinkle the vinegar and sesame oil over the scallops and let them marinate for 30 minutes. In a wok, heat the vegetable oil. Cook the garlic, ginger, and pepper flakes about 30 seconds or until aromatic. Add the mushrooms and stir-fry for 2-3 minutes. Add the scallops, jicama, and green onions and stir-fry for another 3 minutes. Stir in the stock and cook another 2 minutes. Serve immediately.

Nutrition Information for 1 Serving:

Calories	240 cals
Total Fat	10gms
Saturated Fat	1gms
Trans Fat	0gms
Cholesterol	38mgs
Total Carbohydrates	16gms
Fiber	5gms
Sugar	3gms
Protein	21gms
Sodium	200mgs

Legacy Meridian Park Medical Center's "Pound for Pound" Weight Loss Challenge is on; Community Run on April 24 to Celebrate the Success

By Lisa Wood, Public Relations & Communications, Legacy Health

This time, losers become winners when 222 staff members at Legacy Meridian Park Medical Center entered a challenge to lose weight but, at the same time, to stock the shelves of the local food banks – pound for pound of the weight lost. The Weight Loss Challenge, which officially got underway on February 15, provides motivation to lose those unwanted pounds and the Legacy Meridian Park Medical Center Weight Loss Challenge will join the national *Pound for Pound* program associated with “The Biggest Loser Club” which will in turn donate pounds of food to local food banks. Our very own Tualatin School House Food Pantry will receive pounds of food, via the Oregon Food Bank, as a result.

“As part of this community with its Fit City Challenge, we see this as another way to motivate ourselves and encourage our co-workers to join the charge to be fit and lose excess weight,” said Carol Palmer, RN, Legacy Meridian Park Medical Center, who is volunteering to direct the Weight Loss Challenge.

Each participant paid a \$10 fee to join its department's team for the weight loss competition. The entry fees will be used to pay for the winning department's “Team Building Extravaganza” - an event of the winning team's choosing.

According to Palmer, all the teams have taken the Weight Loss Challenge very seriously. Despite a bit of friendly sabotage in the form of cakes and boxes of candy delivered to rival teams, Legacy Meridian Park staff managed to lose a whopping 703 pounds by the third week's weigh-in. The excitement of the eight-week Weight Loss Challenge will continue to escalate through its conclusion on Friday, April 16.

The announcement of the winning team who loses the most pounds and the recipient of the team-building extravaganza will take place at the Miles for Meals Fun Run & Walk on Saturday, April 24, 8:30 a.m. on the ring road surrounding Legacy Meridian Park Medical Center. The Miles for Meals Fun Run & Walk is a two-loop, two-mile timed run or walk. In support of the Tualatin Fit City Challenge, the walk/run is open to everyone – the entry fee is a canned or boxed food donation. To register, contact Katie Gaul at kgaul@lhs.org with your name, birth date and email address. On race day, arrive as early as 7:30 a.m. with food donations to pick up your race number and timing chip.

UPCOMING EVENTS

Legacy Meridian Park Medical Center

- Registration is required for all classes by calling 503-335-3500 -
- For more information visit www.legacyhealth.org -

Dining Out Guilt Free

Cost – FREE

Date/Time - Thursday, March 18, 2010, 7:00pm - 8:30pm

Location – Legacy Meridian Park Medical Center, Community Health Education Center Room 117

True Health Medicine

- For more information visit www.truehealthmedicine.com -

"Healthy Aging"

- Jeff Clark, ND -

Wrinkles, grey hair, decreased energy, muscle loss, weight gain, increased risk for chronic disease, and mental decline are all inevitable parts of aging, right? Wrong! When our bodies are properly maintained and functioning optimally we can have energy, an active lifestyle, maintain a lean body weight, look years younger, and keep our mental clarity for a very long time. Dr. Clark, himself a "baby boomer", will discuss some "dos" and "don'ts" in a naturopathic approach to healthy aging.

* 3/23/2010, 7 PM, New Seasons Market Seven Corners

Speaker Presentations & Discussions at the 3rd Annual Tualatin Community Health & Safety Fair

- Saturday, April 17th, 2010, Tualatin Community Park -

10:30-11:30am: Internet Safety

Lafky House, Presented by the Tualatin Police Department

10:30-11:30am: Medicine Beyond Drugs and Surgery

Juanita Pohl Center, Presented by Jeff Clark, ND - TrueHealth Medicine P.C.

12:00-1:00pm: When To Go To The Emergency Room

Juanita Pohl Center, Presented by Barbara Moore MD - Meridian Park Emergency Room

12:00-1:00pm: Combating Childhood Obesity - A Community Effort

Lafky House, Presented by Mayor Lou Ogden and Councilor Monique Beikman

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City of
Tualatin



MERIDIAN PARK
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