

Building a Healthier Independence

Independence Health Department • 515 S Liberty • 816-325-7185 • April 2016



Start Spring with Gardening!

In addition to being a source of fresh, healthy produce, gardening can ease stress, keep you limber, decrease your risk for depression, and even improve your mood and hand strength.



The Independence Health Department (IHD) is offering several classes and seed distributions throughout the year to help residents become successful gardeners with easy and affordable access to seeds and plants for their gardens. They are free to the public, and the staff is knowledgeable in all aspects of gardening.



The seed and plant distributions will be held at IHD, 515 S. Liberty St., from 3:00 p.m.-6:00 p.m. on the following dates:

- ◆ Thursday, May 5: Warm Season Plants
- ◆ Thursday, August 4: Fall Plants

Membership to Kansas City Community Garden is required for the distributions, but you may purchase a membership onsite at the distributions.



All classes start at 6:00 p.m. on the dates and at the locations below:

- ◆ Monday, April 11 at IHD, 515 S. Liberty St.: Tomatoes, Peppers, and Sweet Potatoes
- ◆ Thursday, April 28 at Trails West Library, 11401 E. 23 St. S.: Preserving and Preparing Spring Produce
- ◆ Monday, June 13 at St. Paul's United Methodist Church, 3601 S. Sterling Ave.: What's Really Bugging You?
- ◆ Monday, July 11 at White Oak Community Garden, 136 E. White Oak Ave.: Insects – Hands-on Walk-Through
- ◆ Thursday, July 21 at Trails West Library, 11401 E. 23 St. S.: Preserving and Preparing Summer Produce
- ◆ Monday, August 1 at IHD, 515 S. Liberty St.: Ins and Outs of Fall Gardening

There are several community gardens located in Independence. Most of the community gardens have raised beds, which are great for growing most vegetables during the spring, summer, and fall. To learn more about these classes or other gardening opportunities, call IHD at 816-325-7185.



Follow Us on Social Media!

What's a great way to see what's happening at the Independence Health Department and in the community? Follow us on social media! The Independence Health Department is active on Facebook, Twitter, Instagram, and Pinterest. No matter the time of year, we have news to share! Need some healthy recipes? Enjoy hearing about ways to be physically active? Want to have a voice in what programs the Health Department initiates? All of these are great reasons to stay connected.

Facebook: *Independence, Missouri Health Department*

Twitter: *@IndepHealthDept*

Pinterest: *<http://pinterest.com/bhealthyi>*

Instagram: *buildingahealthierindependence*

The Mile Starts Here 2.0

This year marks the 5th year of The Mile Starts Here walking program and the Health Department is changing things up a bit. The Mile Starts Here 2.0 will continue to be a walking and physical activity program for community members with new times, dates, and activities. The program will kick off in May and continue with two or three events in Independence per month throughout the summer.

Come join the Health Department in May at the events listed below:

- ♦ A two-mile walk at Waterfall Park on May 12 at 6 p.m. Join staff as we keep moving even after the Park Trot 5K is over.
- ♦ The Health and Heritage Walk looping through the Independence Square and the Truman Heritage District on May 21. The walk will start at the Bingham-Waggoner Estate, 313 W. Pacific. People can come to the Bingham-Waggoner Estate anytime 8-9:30 a.m. to begin the walk, finishing up the event around 10 a.m.
- ♦ A mile (or more!) walk at Santa Fe Park on May 24 at 9 a.m. Since Santa Fe also has a dog park, we invite residents to bring their dogs (must be on a leash) to join in for the fun.

All events will be completely free and a great deal of fun! A system for tracking participants' miles will be utilized, and those who reach certain milestones throughout the summer will be eligible for prizes.

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The Health Effects of Sitting

Studies show that we sit an average of 8 hours a day. That doesn't include the 6-9 hours we are laying down to sleep. You probably already know that regular physical activity is good for your health, but did you know that sitting for long periods of time is actually bad for you? Sitting and exercise should be thought of as two separate behaviors, each impacting our health.

Listed below are some ways to lessen your sitting and increase your movement.

- ◆ Stand while making a phone call.
- ◆ Sit on a stability ball to use more of your muscles while sitting.
- ◆ Take the stairs whenever you can.
- ◆ Fill your water bottle up at the furthest water fountain.
- ◆ Go over to your coworkers desk instead of emailing or calling.
- ◆ Set a goal to stand up or walk around for at least a few minutes out of every hour.
- ◆ Hold standing or walking meetings.
- ◆ Stand up while waiting for an appointment.
- ◆ Stand up during TV commercials.

Every action, little or big, can help reduce the impact of sitting, so start small and do whatever you can to reduce the amount you sit each day.

What happens to your body as you sit?

- ◆ *Key fat burners shut off.*
- ◆ *Blood flow reduces and blood pressure raises.*
- ◆ *Abdominal and glute muscles go unused and become weaker.*
- ◆ *Hip flexor muscles become short and tight.*
- ◆ *Neck, shoulders, and back muscles can become sore or strained.*

What you'll need:

- ◆ 1/2 whole-grain "flat" bagel
- ◆ 2 tablespoons fresh ricotta
- ◆ 1/3 cup sliced strawberries
- ◆ 1 teaspoon honey or agave nectar

Nutritional Information

(Per 1/2 bagel)

- ◆ Calories: 148
- ◆ Total fat: 5 g
- ◆ Fiber: 4 g
- ◆ Protein: 7 g

Recipe Corner: Bagel with Ricotta and Strawberries

- ◆ Toast 1/2 whole-grain "flat" bagel.
- ◆ Spread 2 tablespoons fresh ricotta.
- ◆ Top with 1/3 cup sliced strawberries.
- ◆ Drizzle with 1 teaspoon honey or agave nectar.



Recipe from: <http://www.recipe.com/confetti-yogurt-pops/>

Building a Healthier Independence (BHI) is an initiative that aims to make it easier and safer for our citizens to be physically active, make healthy food choices, and reduce tobacco use.