



# healthy families

W I N T E R 2 0 1 5

## WINTER OUTINGS OFFER FUN AND FROLIC

No need to feel home bound over the winter. From ice-skating to cross-country skiing to a walk through the snowy woodlands, there are plenty of outdoor activities around Elgin to get out, get active and banish cabin fever.



**ICE-SKATING** Looking for a family-oriented activity during the winter? Try ice-skating at City Skate, an outdoor refrigerated rink located at Civic Center Plaza between the Hemmens and Robert Gilliam Municipal Complex.



Ice-skating is a great family sport. It can be enjoyed by people of all ages without formal instruction. Come for the fun while improving balance and flexibility, building strength and burning calories.

For warming house hours, skate rental information or updated ice conditions at City Skate, call the hotline at 847-931-6140, or visit [cityofelgin.org](http://cityofelgin.org). For programming information or renting City Skate for parties, contact Jeff Rau at 847-531-7009 or [rau\\_j@cityofelgin.org](mailto:rau_j@cityofelgin.org).

## CROSS-COUNTRY SKIING

Bowes Creek offers a picturesque setting for cross-country skiing while enjoying the beauty of winter. Cross-country, or Nordic skiing, is one

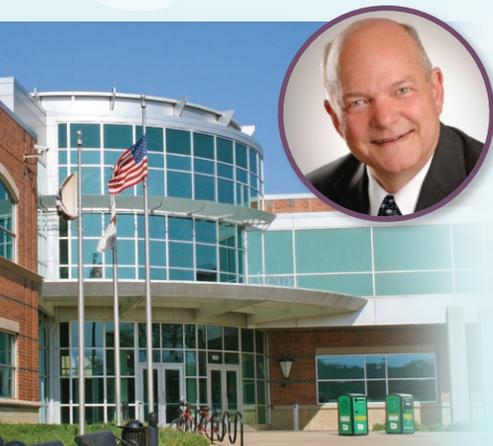


of the best forms of exercise for burning calories. This low impact, full-body workout can burn 600 calories or more per hour.

The cross-country trails at Bowes Creek are groomed, but require a minimum of 4 inches of snow. Skiers must provide their own equipment, and children must be accompanied by an adult.

Stop in at the clubhouse to sign a waiver before enjoying the trails. To check trail conditions, visit the golf course's website at [bowescreekcc.com](http://bowescreekcc.com).

**WINTER WALKING** Hawthorn Hill Nature Center, located at 28 Brookside Drive, is a beautiful park to visit during the winter months. The 67-acre natural area offers miles of looped trails, woodland areas, two ponds and area wildlife. Walk among the snow-frosted trees and enjoy the natural winter landscapes that surround the region. For information about the nature center, call 847-931-6123.



## WALK with the MAYOR

During the winter months, Walk with the Mayor moves indoors to the walking track at The Centre of Elgin, 100 Symphony Way. Walk with the Mayor is FREE – no Centre membership is required to participate. Walks begin at 8 a.m. and last about 45 minutes.



Winter Dates:

January 12  
February 09  
March 08

## New Year's Resolutions

# HERE'S TO A HEALTHIER YOU!

**January 1 is just around the corner. Do you make New Year's resolutions? Most of us do. In 2015 the top resolution was to stay fit and healthy. And the second? Lose weight!**

Don't end up like most of the people who make resolutions! Keep yours by making a plan now. Follow these hints to ensure your 2016 goals are met:

- Start thinking about your goals now, not in January. Enlist the support of friends and family.
- It is easier to meet specific, measurable goals. The resolution to increase workouts seems more like a wish than the goal of walking for 20 to 30 minutes, two or three days a week.
- Track your progress daily or weekly, giving yourself small rewards for goals met. Set long-term goals, not just the short term. If you don't meet your goals, don't give up! Continue working toward the ultimate goal of a healthier you!



## Holiday Eating Tips

**In this issue, the Mayor focuses on healthy holiday eating with these suggestions:**

- Don't skip meals before parties to prevent overeating when you feel starved.
- Watch high-calorie beverages. Special seasonal coffee beverages contain 300 to 600 calories. Substitute water or low-calorie beverages for a party drink.
- Control the appetizers. Fill a small plate with lower-calorie options and a few high-calorie nibbles.
- Take a healthy food item to share at gatherings. You and other guests will benefit. Stock your refrigerator with pre-cut veggies and fruits for snacks.
- Eat only food that is truly unique for the holiday season, and skip items that are available all year long.
- Add exercise. No time for the gym or a class? Add extra steps while you shop. Park further away and walk an extra lap of the mall or downtown for your exercise. Take the family for a walk to see the holiday lights or to enjoy a fresh-fallen snow.

## Give The Gift Of Health This Season

Trying to find that perfect gift for everyone on your list? Instead of a tie, another sweater or a scented candle, think about something that can change a person's life forever . . . give the gift of health!

The gift of health can come in many sizes and packages, and can fit any budget. What about a fitness center membership, a group-fitness punch pass, personal training session, swim pass, a massage, boxing membership, light weights and exercise bands? How about the gift of time? Offer to join a friend or family member to walk or take a fitness class together.

The Parks and Recreation Department has a multitude of facilities, programs and outdoor space that can accommodate everyone's gifting needs. Visit the department's web page, [cityofelgin.org](http://cityofelgin.org), and see what we have to offer.

And while you're at it, why not give yourself the gift of health as well? Establish a weekly routine to get out and get some exercise. If the weather is dreary and cold, meet at The Centre and walk on the indoor track.

