



# healthy

FALL 2014

Creating community through healthy living.

# families



## Swimming Teaches Life And Fitness Skills

The Elgin Cyclones are a year-round competitive swim team that offers a safe, creative, fun and supportive environment to learn lifelong skills, sportsmanship, respect, leadership and excellence through swimming.

The swim team competes in meets sanctioned by the Illinois Swimming Inc. and practices at The Centre indoor facility in downtown Elgin. Our team is divided into several groups based on age and ability.

Competitive swimming provides many physical and mental benefits that can last a lifetime. According to USA Swimming, the sport:

- ▶ **promotes** relatively injury-free activity among people of all ages
- ▶ **builds** strength and coordination
- ▶ **instills** the life lessons of sportsmanship, winning and losing, as well as working with officials, teammates and coaches
- ▶ **motivates** participants to strive for self-improvement and reach goals
- ▶ **cultivates** a positive mental attitude and high self-esteem
- ▶ **teaches** water safety and can prevent drowning

For details on the Cyclones swim programs, contact Bruggeman\_g@cityofelgin.org. or visit elgincyclones.com.

## STRATEGIES FOR A HEALTHY HOLIDAY

As the weather turns cool and the leaves begin to change colors, the holidays are right around the corner. It is a time spent at gatherings and events with friends, family and lots of food, which can make it easy to gain weight at. Here are some tips to help avoid those extra pounds.

### Stay Active Throughout The Season!

- Add steps to your day by parking further away from your destination
- Get outside and play soccer or football with family and friends
- Take a brisk walk; even a short walk helps burn off some of those extra calories
- Consider joining a class like Holiday Fit Camp during the holiday season or walk/run the indoor track at The Centre



### What About Parties And Special Events?



- Eat a low-calorie snack before the event so you're not ravenous when you arrive
- Move away from food when talking with people to help avoid mindless nibbling
- Check out all of the food before you choose what to eat to pace yourself
- If you are taking food to share, take something low in calories and full of flavor like vegetable-based appetizers, salads and fruit
- Watch out for beverages, which can be high in calories, and savor your special drinks with lots of water

## TOO MUCH HALLOWEEN CANDY? VISIT HALLOWEENCANDYBUYBACK.COM

Treat our military troops to your extra Halloween candy through the Candy Buy Back for the Troops program. Participating dentists purchase extra candy from children for one dollar a pound and ship it overseas for our military troops to enjoy. Since 2005, over 130 tons of candy has been collected. Check the website to find a dentist near you where you can drop off your candy.





# WALK with the MAYOR



## MAYOR ENGAGES RESIDENTS DURING WALKS

Mayor David Kaptain makes it a habit to walk every day to maintain a healthy lifestyle. He has extended this healthy habit to neighborhoods throughout Elgin during Activate Elgin's Walk with the Mayor program.

This summer, the mayor walked with more than 150 residents in 10 neighborhoods. These walks allow the mayor, residents and city staff to share information and engage in discussion about neighborhood-specific issues and opportunities.

"It's very valuable to have staff from multiple departments at the walk to look at issues in person with the resident and come up with a solution together," said Mayor Kaptain.

New this year was Mobile 311, which allowed residents to log service requests on the spot. "Typically, city staff provided information during each walk, but requests that required follow up were submitted directly to 311," explained 311 Citizen Services Coordinator Jennifer Phillips. "Having a cloud-based system allows us to bring Elgin 311 into each neighborhood."

Approximately 50 service requests were submitted as a result of the walks; the most common requests were sent to streets and forestry.

Mayor Kaptain's walks will continue inside from October through April at The Centre of Elgin's indoor track on the first Tuesday of the month at 8 a.m. for about 45 minutes.

**Walking on The Centre's track is free to all Elgin residents, and no pass is required.**

A full schedule is available at [activateelgin.org](http://activateelgin.org). To schedule a walk through your neighborhood in 2015, please call 847-931-6127.



This month the Mayor visited Toom Toom Thai at 23 S. Grove in downtown Elgin for lunch. The menu is extensive and offers a huge variety of very appetizing selections. Patrons have lots of options to customize orders.

## Toom Toom Thai

The Mayor chose a noodle soup with a clear broth, rice noodles, chicken and mixed vegetables, including carrots, sprouts and peapods. All food can be ordered to taste – mild or hot and spicy. The servings are generous. Calories vary on the choice of ingredients, but the clear broth bowl is about 550 calories.



Eating healthy isn't always easy. Elgin Mayor Kaptain is helping residents make the healthy choice the easy choice with nutritious dining suggestions.