



July 2010 FIT TALK HAPPY 4TH OF JULY!



EATING WELL RECIPE FOR DEVEILED EGGS

- 12 lg. hard-boiled eggs
- 1/3 cup nonfat cottage cheese
- 1/4 cup low-fat mayo
- 3 tbsp. minced chives or scallion greens
- 1 tbsp. sweet relish
- 2 tsp. yellow mustard
- 1/8 tsp. salt
- Paprika for garnish

Halve eggs, remove yolks and discard 4 of the yolks. Mash the remaining yolks, add cottage cheese, mayo, chives, relish, mustard and salt. Mix well and spoon about 2 tsp. of mixture into egg white halves.

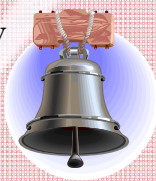
NUTRITIONAL INFO:
34 calories; 2 g fat; 1g carb; 3g protein; 0 fiber.

- JULY EVENTS:**
- **Happy Fourth of July!**
 - **New fee-based sessions begin 7/5**
 - **Our Biggest Family Challenge begins 7/12. Sign up today!**

JOKE CORNER:

Q: What's big, cracked and carries your baggage?

A: The Liberty Bellhop!




Since 1985, America has celebrated July as the nation's official Park and Recreation Month. This year's theme is "Celebrate, Advocate, Recreate!" The NRPA encourages members, agencies, and citizens to plan events and initiatives that remind local decision makers and the community of the exciting and *vital* role that parks and recreation play in the lives of Americans.

There are over 100 parks, big and small, in our community to visit. Take this month for your family to enjoy the outdoors by exploring our parks.

Our Parks and Recreation Department also has an abundance of summer programs for all ages. Check out the city's website for a list of all the parks and recreation programs we have to offer: www.cityofvancouver.us/parks-recreation

Try something new, keep moving, challenge the mind and body, make new friends, have fun and support your community! You'll be glad you did!

WORKOUT TIPS FROM PERSONAL TRAINER, RON HAMILTON:



Five Ways to Get It Done

1. Assuming you choose to workout in a training facility, it is recommended that you exercise your muscle groups first, followed by 30-45 minutes of cardiovascular exercise: treadmill, elliptical machine, stair stepper, etc.
2. Try to hold your workout to no more than 90 minutes. For instance, 1 hour of lifting weights followed by 30 minutes of cardiovascular exercise. If you keep your workout short and sweet, you will be less likely to get bored with the thought of "having to go workout again."
3. Do not workout the same muscle groups two days in succession. If you work your upper body on Monday and choose to workout again on Tuesday, be sure to work your lower body that day. Abdominals are an exception to this rule. Unless you they are sore, you may work them everyday, if you choose to do so.
4. If the weather is nice, you may choose not to go to the gym, but work around the house instead. In doing yard work, you will get your share of lifting, carrying, bending, etc. You may also choose to get your aerobic work done by walking around your neighborhood at a fast clip. Try pumping your arms as you walk to stimulate heart activity.
5. If you do not know how to do something at your training facility, please ask whomever is on duty for help.