

Health & Wellness matters

FALL 2007

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ALBERT COUNTY HEALTH AND WELLNESS CENTRE



Every Step Counts

Albert County is Going Green By Rhonda Hamilton



There was a sea of green when 150 excited Footloose members arrived in Alma determined to exchange their mileage for their lime green T-shirts on August 15, 2007.

It's Autumn in Albert County, yet amazingly splashes of green – **Footloose green** – are springing up through the brilliant shades of orange and red. The response to the "Footloose in Albert County" walking program has been astounding and it seems pedometer-toting Footloose members are everywhere, racking up miles and exploring the countryside as part of the program's Trail Challenge.

In response to the requests of community members and the recent high statistics of New Brunswick inactivity rates, "Footloose in Albert County" was developed through the partnership of a community focus group and the Albert County Health and Wellness Centre. Footloose developers are grateful for the provincial "Active Communities Grant" which provided part of the program's funding and for the support of the local municipalities.

Not only did the program sell out of its 300 memberships, but the high participation rates, numerous success stories, and the many family, friend and workplace challenges have Footloose program developers estimating 600 community members will attend the final celebration event on October 13, 2007. Program coordinators are amazed at the weekly mileage of their Footloose members; in fact some members' weekly activity rates have doubled and even tripled since they began the program.

It was a sea of green on August 15 when 150 excited Footloose members arrived in Alma determined to exchange their mileage for their lime green

Footloose T-shirts. On September 12 the Lower Cape Community Centre hosted the program's third group session where participants were able to get a motivational boost and pick up their next reward incentive – a Footloose water bottle.

"Footloose in Albert County" has been a success. And how do we know that? Because it's considered cool to wear a lime green T-shirt, to flash an orange pedometer, and to shout across the road to a fellow Footloose member, "How many steps do you have?"



It was standing room only when more than 130 participants showed up at the water bottle presentation held on September 12, 2007.

Footloose 5 Festival of Fun and Fitness

Since the start of the summer you've been pounding the trails and logging your miles. Now come join the Footloose in Albert County grand finale celebration event on October 13, 2007, at the Tourist Information Centre in Hillsborough.

Festivities begin with a five kilometre walk or run followed by a barbecue featuring live music and

prizes. Registration is from 10 to 11 a.m. at the Wetlands Park in Hillsborough.

If you wish to receive a commemorative "Footloose" medal upon finishing the 5-km walk, register at the Albert County Health and Wellness Centre by October 3. The cost for the medal is \$5.

See you there in your lime green!

Every Step Counts *By Barbara Muir*

Local businesses take a step to benefit the health of their employees

When **Gary Steeves**, owner of Gary Steeves Insurance in Hillsborough, N.B., first heard about the Footloose in Albert County program from his wife, Heather, he didn't hesitate to enrol his nine employees.

A few of his staff had just begun dieting programs and Steeves thought this would be a great gesture of the agency to supplement the initiative they were taking on their own. He paid for their membership fee (\$12.95 per person), and after a little coaxing on his part, his employees began the 13-week program.

“Most of them (employees) were at a stage where they were looking to drop some weight off and improve themselves,” said Steeves. “I see they are eating healthier and this program is part and parcel of that.”

Steeves feels programs like these are important initiatives for smaller communities, and believes the success has been generated because of the ripple effect that can occur in communities of this size.

“I think it's definitely important for a small community, probably more so than a larger community, because people know each other and they know who is involved in the program,” he said. “I think this has been very positive for the county.”

At the time of printing, the staff of Gary Steeves Insurance had lost a total of 109 pounds, combined. **Lisa Rossiter**, an agent for Gary Steeves Insurance, lost 46 of this total, and credits this to the program.

“A few of us in the office wanted to loose a few pounds and thought it would be good motivation for all of us to loose more weight,” said Rossiter.

Once the program ends in October, Rossiter plans to continue with her walking regime, with the use of the pedometer that she received through the program.

“I definitely plan on continuing it once the program ends,” she said.

Phyllis and Kirk Sutherland, who own Ponderosa Pines Family Campground in Hopewell Cape, also footed the membership fees for their employees – 10 of them.

“I think it's a wonderful initiative,” said Phyllis. “When I went to the first meeting I thought that it would be a great idea for our staff. I thought it would be a fun thing to do for the staff. We do small things to show our staff that we appreciate them.”

Since joining the program, Phyllis and Kirk have created their own trail system around their property using the Footloose feet logo to mark the trails.

While all of their employees have profited from the program, there is one who has significantly received a new lease on life. **David Chase**, an electrician, had a defibrillator put in this past year. But after getting his pedometer, his competitive nature took over and now his wife jokingly says “We've created a monster.”

“Dave went from having problems walking across the road to walking several miles every day. He was very inspired by this program. He built it up minute by minute,” says Phyllis.

As for Gary Steeves, he too believes this program has made a positive impact on his employees and has added fuel to their desire to lead a healthier lifestyle.

“I think this program has created a positive attitude amongst the employees and it's been kind of a fun thing to do,” said Steeves.



Since the program began in July, the nine employees of Gary Steeves Insurance have lost a total of 109 pounds combined.

Did You Know?



"The Parent-Child Mother Goose Program" will be in our community beginning October 2nd on Tuesday mornings from 10:15 to 11:15 alternating between the Alma Activity Centre and the Albert County Health and Wellness Centre. The first session is to be held in Alma. To register call **Talk With Me** – Early Language Services at 870-2993.



The staff of the ACH&WC are selling tickets on a Fall Basket. Tickets are 1 for \$2 or 3 for \$5. Proceeds will go towards the **Healthy Returns Campaign**.



We have **"Footloose" sweatshirts** available for purchase at the ACH&WC. They are only **\$25** each. You are sure to love them!



Pumpkin: A Seasonal Bounty

For some people pumpkins are seen only as a decorative feature to place on their stoops to festively ring in the autumn. But for others, they represent a savoury flavour found freshest this time of the year. Whether you roast the seeds, use the brightly coloured pulp for soup or bread, or use them simply for carving jack-o-lanterns, pumpkins play a major role in celebrating the end of a growing season.

Pumpkin Bread

Submitted by Sandra Nelson

- 1 1/2 cups flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp cinnamon or a little nutmeg or ginger
- 2/3 cup oil or shortening
- 1 cup white sugar
- 2 eggs
- 1 cup pumpkin

Combine sugar and oil.

Add eggs and beat well.

Add dry ingredients and pumpkin until combined.

Place in a 9 x 5 loaf pan.

Bake at 325° F for 50 minutes.



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Contact Us

The Albert County Health and Wellness Centre newsletters are published by the South-East Regional Health Authority.

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Procurez-vous la version française en composant le 870-2688.



The Albert County Health and Wellness Centre will be closed for Thanksgiving Day (Monday, October 8, 2007) and on Remembrance Day (Monday, November 12, 2007).