

Harmony Lifestyle Guide

May 2011

DATES TO REMEMBER

- 5/1 Basketball
- 5/3 H.O.O.P.L.A.
- 5/4 Toddler Story Time
- 5/6-5/7 Relay for Life
- 5/7 Resident Party
- 5/11 Kids Imagination Station
- 5/12 Crafty Ladies-Wine Glass Deco
- 5/13 Teen Dance
- 5/14 Adopt a Highway Cleanup
- 5/14 Trivia Night
- 5/16 Conservation Café
- 5/18 Kindermusik Toddler Time
- 5/19 Bunko
- 5/20 Resident Golf Tournament
- 5/22 Dog Agility
- 5/24 HOOPLA
- 5/26 Crafty Ladies
- 5/27 Friday Night Fun @ Squeeze Center
- 5/28 Trivia
- 5/28 Campfire
- 5/30 Memorial Day Pool Party
- 6/18 Flag Day
- 10/14-10/16 Harvest Festival



aquatics



fitness



lifeenrichment



sports



youthprograms



outdooradventure



socialprograms

Bill Fife

Lifestyle Director
407-891-2606
BFife@harmonyfl.com

Email Activities@harmonyfl.com
with general questions

So, You Want To Spot Reduce? Here's How.

Besides launching millions of sit-ups, leg lifts and torso twists, the desire for a toned and taut physique has led to the purchase of a long line of exercise devices of dubious worth. Countless inventions, such as vibrating belts and "gut-busting" contraptions, have claimed to miraculously tighten and tone certain trouble spots.

But the miracles people were expecting never materialized, and those "spots" remained "unreduced."

What's wrong with spot reduction?

Where did we go wrong? In the effort to tone their bodies, people neglected the most important factor: fat.

Exercises such as crunches or leg lifts improve the tone and endurance of the muscles, but they don't burn fat. On the other hand, when you do exercises that elevate the heart rate, such as bicycling, walking or aerobic dance, the body will draw upon its fat stores for energy.

Alternative Solutions

Eating a low-fat diet and following an exercise program that combines aerobic activity and strength training is the key to changing the shape of your body.

In addition to burning calories through aerobic activity, strength training will increase the amount of muscle, which burns even more calories. But many people shun the idea of intensive exercise, scared off by the idea of five-mile runs, barbells or aerobic classes.

Thankfully, any aerobic activity that elevates your heart rate can help you burn fat and take off unwanted pounds. Many experts recommend doing at least three sessions of 30 minutes of aerobic activity per week. Ideally, for long-term weight control, you should perform a 60-minute aerobic exercise session most days of the week. For example, these enjoyable alternatives to traditional aerobic exercise are effective fat burners:

Mountain biking

Walking

Hiking

Martial arts

Cross-country skiing

Water sports

In-line skating

Country line dancing

Martial arts

Boxing

Downhill skiing



Recipe of the Month

Asparagus & Chicken Carbonara

Raw egg yolks and whipping cream traditionally add the creaminess and fat to pasta carbonara. This lighter version with asparagus and chicken achieves the same texture with egg substitute and nonfat evaporated milk. Prevent the eggs from scrambling by being careful not to heat the egg mixture too rapidly. Eat this dish immediately to enjoy its velvety creaminess; if it stands, the sauce can become too thick.

Yield: 5 servings (serving size: about 1 ¼ cups)

Ingredients

- 8 ounces uncooked spaghetti
- 2 cups (1-inch) slices asparagus (about ¾ pound)
- ½ cup egg substitute
- ½ cup evaporated fat-free milk
- 2 teaspoons olive oil
- ½ cup chopped onion
- ¼ cup dry vermouth
- 2 cups chopped skinless, boneless rotisserie chicken breast meat
- ½ cup (2 ounces) grated fresh Parmesan cheese
- 3 tablespoons finely chopped fresh flat-leaf parsley
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 bacon slices, cooked and crumbled

Preparation

Cook pasta in boiling water 10 minutes or until al dente; add asparagus during final 2 minutes of cooking. Drain pasta mixture in a colander over a bowl, reserving 1/3 cup cooking liquid. Combine reserved cooking liquid, egg substitute, and milk, stirring with a whisk. Heat a large nonstick skillet over medium-high heat. Add oil and onion to pan; sauté 2 minutes. Add vermouth; cook 1 minute. Add pasta mixture; stir to combine. Remove from heat; stir in milk mixture, chicken, and cheese. Place pan over medium heat, and cook 4 minutes or until slightly thick, stirring frequently. Remove from heat; stir in parsley, salt, pepper, and bacon. Serve immediately.

So you Want to Spot Reduce? Here's How

(Continued)

In addition to these activities, which can be done solo or with friends and family, you should take advantage of the wide variety of fitness tapes currently on the market. You can learn everything from martial arts to swing dancing. Choose an activity because it interests you, not because it is touted as a great workout. Remember, the most effective exercise is the one you will stick with for the long haul. A few things to keep in mind when starting any new activity:

- Don't start out too hard or too fast or you may injure yourself or quit before seeing any benefit.
- Always concentrate on enjoying yourself, rather than on what a particular exercise might do for you.
- Keep your exercise comfortable and only increase intensity after your body becomes accustomed to new activity levels.

Finally, always check with your doctor before beginning any exercise program, especially if you're a male over 45 or a female over 55, or have cardiovascular risk factors, such as smoking, high blood pressure, high cholesterol, diabetes or a family history of heart disease.

A Final Word About Toning Exercises

Just because exercises like leg lifts and crunches won't budge the fat does not mean that they are not beneficial. Unlike some aerobic activities, these exercises can strengthen and tone specific muscles of the body.

The best way to shape up is to incorporate strength and toning exercises with aerobic exercises. Before you know it, you'll be on your way to looking and feeling better.

Healthy Tips^{FOR} MAY

- ◆ Get a massage
- ◆ Wear a pedometer. New research suggests that routinely wearing a pedometer encourages people to walk about an extra mile each day, lose weight, and lower their blood pressure.
- ◆ Don't pop too many vitamins. Enthusiasm for vitamin pills is high, but evidence for their benefits is low. Try to get vitamins from foods and consider a multivitamin for insurance.
- ◆ Eat at least two fish meals per week. The evidence is strong that the oils in darker types of fish, such as salmon, tuna, mackerel and herring, are beneficial for the heart and brain and may even lower risk of cancer.
- ◆ Talk to your doctor about taking aspirin for heart protection but don't assume that it's right for you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Pick-up Basketball 5:30pm Lakeshore Park</p> <p>Dog Agility 5:00pm Large Dog Park</p>	<p>2</p>	<p>3 H.O.O.P.L.A. 3:30pm Lakeshore Park</p>	<p>4 Toddler Story Time 11:30am Clubhouse</p> <p>Kids Imagination Station 3:00pm Ashley Park Pool Area</p>	<p>5</p>	<p>6 Relay For Life Starts at 6:00pm Town Square</p> <p>First Friday Fishing 6:30pm Buck Lake</p>	<p>7 Relay For Life Ends at 12pm Town Square</p> <p>Kentucky Derby/ Cinco de Mayo Party 4:00pm Town Square</p>
<p>8 Pick-up Basketball 5:30pm Lakeshore Park</p> <p>Dog Agility 5:00pm Large Dog Park</p>	<p>9</p>	<p>10 H.O.O.P.L.A. 3:30pm Lakeshore Park</p>	<p>11 Kids Imagination Station 3:00pm Ashley Park Pool Area</p>	<p>12 Crafty Ladies 11:00am Clubhouse</p>	<p>13 Teen Dance 7:00pm</p>	<p>14 Adopt a Highway Road Cleanup 8:30am Meet at Sales Gallery</p> <p>Trivia 6:00pm Town Tavern</p>
<p>15 Pick-up Basketball 5:30pm Lakeshore Park</p> <p>Dog Agility 5:00pm Large Dog Park</p>	<p>16 Conservation Café 6:30pm Clubhouse</p>	<p>17 H.O.O.P.L.A. 3:30pm Lakeshore</p>	<p>18 Toddler Time 11:30am Clubhouse</p> <p>Kids Imagination Station 3:00pm Ashley Park Pool Area</p>	<p>19 Bunko 4:00pm Town Tavern</p>	<p>20 Resident Golf Tournament 5:00pm Harmony Golf</p>	<p>21</p>
<p>22 Pick-up Basketball 5:30pm Lakeshore Park</p> <p>Dog Agility 5:00pm Large Dog Park</p>	<p>23</p>	<p>24 H.O.O.P.L.A. 2:00pm Lakeshore Park</p>	<p>25 Kids Imagination Station 3:00pm Ashley Park Pool Area</p>	<p>26 Crafty Ladies 11:00am Clubhouse</p>	<p>27 Friday Night Fun @ The Squeeze Center 7-11pm Kids 6+</p>	<p>28 Trivia 6:00pm Town Tavern</p> <p>Campfire 7:00pm Cat Lake</p>
<p>29 Pick-up Basketball 5:30pm Lakeshore Park</p> <p>Dog Agility 5:00pm Large Dog Park</p>	<p>30 Memorial Day Pool Party 11am Swim Club Pool</p>	<p>31 H.O.O.P.L.A. 3:30pm Lakeshore Park</p>				

