

# EVENTS AT HARMONY

February 2012 Lifestyle Guide



**HEALTHY LIFESTYLE FESTIVAL  
at  
HARMONY**

**SATURDAY, FEBRUARY 25, 2012**  
10 A.M. – 3 P.M. • Free event • Open to the public

**A healthy dose of fun.  
And a lifetime of better living.**

Help us kick off our inaugural Healthy Lifestyle Festival at Harmony by joining us in the Town Square for:

- A morning 5k
- Exercise & fitness demos
- Healthy living workshop
- "Green" living demos
- Cooking demos
- Healthy eating exhibits
- Vendors & exhibits
- A kids' area & more

For more information, visit [HarmonyFestivals.com](http://HarmonyFestivals.com).  
Keep up to date on the festivals in Harmony — Text HARMONY to 42828.

Harmony is located on U.S. 192, 30 minutes from Disney and Melbourne, and 20 minutes from Lake Nona Medical City.

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## Natural Blood Pressure Reducers

Constant maintenance of proper blood pressure is definitely not an easy task to do. These days, a lot of people suffer and even die due to the abnormally high pressure of blood in the blood stream. High blood pressure nowadays actually affects many adults and most of them are not even aware of it. A person is considered hypertensive (individual with high blood pressure) when two or more consecutive readings of blood pressure is above 140/90 mmHg. Experiencing this kind of condition or disease is very difficult for us to handle. Aside from the risks it can cause our health, treating high blood pressure is also very expensive due to the various types of medications needed in order to maintain normal blood pressure readings. Fortunately, there are already different types of natural blood pressure reducers that we can use. But what are the examples of these and how can we use them?

### Natural Blood Pressure Reducing Methods or Products

There actually a lot of things that we can use in order to effectively reduce our blood pressure within the normal limits. Doing these effective methods can help not only in saving money but as well as in preventing the condition from

worsening. Below are some of the things that we can do or use in order to help reduce high blood pressure as fast and as easily as possible.

**Change in Lifestyle** – Lifestyle is considered one of the major things that can affect our health big time. Our action and our routine can actually reflect the status of our health. By modifying our lifestyle into something healthier, we can also make sure that our blood pressure will be maintained within the normal range. This change in lifestyle includes losing weight, exercising and removing all the vices in life like smoking and drinking. Becoming more active in our daily routine can help burn fats and reduce cholesterol in the body. These things can actually promote hypertension, which can be very dangerous to our health. reduce stress from our body. Stress is also a factor that can lead to the increase of blood pressure. According to the American Society of Hypertension, doses of soothing or relaxing music for half an hour every day can help lower down the blood pressure. Other relaxation techniques such as yoga and transcendental meditation can also be useful in lowering down the pressure of the blood.



**Bill Fife**  
Lifestyle Director  
407-891-2606  
BFife@harmonyfl.com

**Becca and Lauren**  
Lifestyle Interns  
407-891-2606

**HARMONY**  
HarmonyFestivals.com

  
**DARK SKY**  
FESTIVAL

  
**HARVEST**  
FESTIVAL

  
**WINTER**  
CARNIVAL

  
**HEALTHY LIFESTYLE**  
FESTIVAL



## Recipe of the Month

### White-Bean Chili

#### Ingredients

2 tablespoons extra-virgin olive oil  
 1 tablespoon minced garlic  
 ¼ cup diced onion  
 1 pound skinless, boneless chicken breasts, finely chopped  
 1 tablespoon ground cumin  
 1 tablespoon dried oregano  
 ½ teaspoon ground white pepper  
 Pinch of red pepper flakes  
 Kosher salt and freshly ground pepper  
 1 pound collard greens, stemmed and roughly chopped (about 5 cups)  
 1 ½ cups chopped green chiles (fresh or canned)  
 1 quart low-sodium chicken broth  
 2 15-ounce cans navy beans, drained and rinsed  
 ½ bunch fresh cilantro, chopped  
 Light sour cream, chopped tomatoes and/or lime wedges, for garnish (optional)

#### Preparation

In a saucepan, heat the olive oil over medium heat. Add the garlic and onion; cook for 2 to 3 minutes, until slightly softened. Add the chicken, cumin, oregano, white pepper and red pepper flakes. Season with salt and 1 to 2 teaspoons freshly ground black pepper. Cook, stirring, until the chicken is slightly browned, 3 to 4 minutes.

Add the collard greens and cook, stirring occasionally, until they are slightly wilted, about 5 minutes.

Add the chiles and chicken broth and bring to a boil, stirring occasionally. Reduce the heat to medium-low; cook, stirring occasionally, for approximately 20 minutes, until slightly thickened. Stir in the beans and cook for another 10 minutes. Stir in the cilantro. Transfer the chili to bowls and garnish with light sour cream, chopped tomatoes and/or lime wedges, if desired.

#### Nutritional Information

Per serving: Calories 245; Fat 7 g (Sat. 1.5 g; Mono. 3.4 g; Poly. 1.3 g); Cholesterol 38 mg; Sodium 755 mg; Carbohydrate 23.5 g; Fiber 8 g; Protein 22 g

**Reduction of Salty Food Intake** – Sodium or salt is already proven by the American Journal of Clinical Nutrition as a main factor in causing the increase of blood pressure in the body. Because of this, it is important to reduce the intake of salt and other foods that are high in sodium content in order to prevent the possibility of hypertension.

**Addition of Potassium in the Diet** – Potassium is a type of mineral that is useful for the contraction of the different muscles in our body. Aside from this, potassium is also effective in reducing blood pressure. This is the reason why including potassium rich foods like banana, spinach, beet greens, lentils, soybeans and tomato sauce in the diet can be effective in preventing hypertension. Aside from these foods, potatoes are also known to be good sources of potassium. Potatoes also contain a specific blood pressure lowering compound known as kukoamines. Although these can also be seen in tomatoes, kukoamines are greatly acquired from potatoes.

**Increase of Magnesium Intake** – Magnesium is also another type of mineral that can be helpful in controlling the blood pressure. Increasing this mineral in the diet can help in reducing the risks of stroke and pre-eclampsia, which are different health conditions that are associated with high blood pressure. Some of the foods that are rich in magnesium include brown rice, spinach, milk, almonds and hazelnuts.

**Increase of Calcium in the Diet** – Just like potassium and magnesium, calcium is also a mineral that is effective in lowering down the blood pressure. Calcium can be seen in foods like cheese, yogurt, Chinese cabbage and broccoli.

**Stevia (Sweet herb)** – This particular herb is also known to lower high blood pressure. However, this is only available as a dietary supplement in the US. This herb is great for the diet since it contains no calories and carbohydrates.

**Adding Omega 3 Fatty Acids in the Diet** – Alpha Linolenic Acid or ALA is a type of Omega 3 fatty acid that is found in foods like walnuts, flaxseeds, soybeans and canola oils. This is a great substance in reducing the blood pressure in our body. Aside from this, other types of omega 3 fatty acids in the name of docosahexaenoic acid or DHA and Eicosapentaenoic Acid of EPA are also helpful in controlling the blood pressure. These fatty acids are usually seen in cold water fish sources like salmon, tuna, herring

“I really don’t think I need buns of steel. I’d be happy with buns of cinnamon.”

-Ellen DeGeneres

“A man’s health can be judged by which he takes two at a time – pills or stairs.”

- Joan Welsh

“The difference between the impossible and the possible lies in a person’s determination.”

- Tommy Lasorda

# Lifestyles

## February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><b>1</b>  <b>Toddler Story Time</b>            11:30am E.C.</p> <p><b>After School Hangout</b>            2-5pm E.C.</p>	<p><b>2</b>  <b>After School Hangout</b>            3-5pm E.C.</p>	<p><b>3</b>  <b>First Friday Fishing</b>            4:30pm Buck Lake</p>	<p><b>4</b>  <b>Coffee Social</b>            9:00am E.C.</p> <p><b>Boating Orientation</b>            10:00am Buck Lake</p> <p><b>Trail Hike</b>            11:00am meet at Sales Gallery</p>
<p><b>5</b>  <b>Snake Show</b>            2:00pm            Town Square Stage</p>	<p><b>6</b></p>	<p><b>7</b>  <b>After School Hangout</b>            3-5pm E.C.</p> <p><b>Genealogy Club</b>            5-6pm E.C.</p> <p><b>Relay For Life Meeting</b>            6:30pm Graze</p>	<p><b>8</b>  <b>After School Hangout</b>            2-5pm E.C.</p>	<p><b>9</b>  <b>After School Hangout</b>            3-5pm E.C.</p>	<p><b>10</b>  <b>Active Lifestyle Trip to Osceola County Fair</b>            Leave Harmony at 11:30am            RSVP to activities@harmonyfl.com</p>	<p><b>11</b>  <b>Campfire and Movie</b>            6:00pm Cat Lake</p>
<p><b>12</b>  <b>Family Kite Flying</b>            2:00pm Lakeshore Park</p>	<p><b>13</b>  <b>Active Lifestyle Trip to Downtown Disney</b>            RSVP to Activities@harmonyfl.com</p>	<p><b>14</b>  <b>After School Hangout</b>            3-5pm E.C.</p>	<p><b>15</b>  <b>Toddler Time</b>            11:30am E.C.</p> <p><b>After School Hangout</b>            2-5pm E.C.</p>	<p><b>16</b>  <b>After School Hangout</b>            3-5pm E.C.</p> <p><b>Photography Club</b>            6:30pm E.C.</p>	<p><b>17</b>  <b>Kids Day Camp</b>            8:30am-5:30pm</p>	<p><b>18</b>  <b>Poker Night</b>            6:30pm E.C.</p>
<p><b>19</b>  <b>Boat Tour around Buck Lake</b>            2:00pm</p>	<p><b>20</b>  <b>Conservation Café</b>            6:30pm</p>	<p><b>21</b>  <b>After School Hangout</b>            3-5pm E.C.</p> <p><b>Harmony Book Club</b>            6:30pm E.C.</p>	<p><b>22</b>  <b>After School Hangout</b>            2-5pm E.C.</p>	<p><b>23</b>  <b>After School Hangout</b>            3-5pm E.C.</p>	<p><b>24</b>  <b>Teen Night @ the Squeeze Center</b>            7:00pm</p>	<p><b>25</b>  <b>Healthy Lifestyle Festival</b>            10am – 3pm            Harmony Town Square</p>
<p><b>26</b>  <b>Picnic in the Park</b>            12:00pm            Lakeshore Park            Pot Luck-Email activities@harmonyfl.com</p>	<p><b>27</b>  <b>Active Lifestyle Trip Beer Brewery Tour</b>            RSVP to Activities@harmonyfl.com</p>	<p><b>28</b>  <b>After School Hangout</b>            3-5pm E.C.</p>	<p><b>29</b>  <b>After School Leap Party</b>            2-5pm E.C.</p>			<p>E.C.= Enrichment Center located at Lakeshore Park</p> <p>Calendar Subject to Change-Visit <a href="http://www.eventsatharmony.com">www.eventsatharmony.com</a> for up to date information</p>

# Program Descriptions



<http://www.eventsatharmony.com>



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**After School Hangout:** Music, board games, video games, movies, friends, and more. This after school hangout is designed for ages 8-14.

**Board Game Night:** Yahtzee, Scrabble, Connect 4, or bring your own game to our board game night at the Enrichment Center

**Boat Orientation and Tour:** Learn how to drive a boat! Then take a tour with us around the beautiful Buck Lake.

**Book Club:** Do you enjoy reading? Come out and discover new books. Club sponsored by Osceola Library.

**Campfire and a Movie:** S'mores and more at our monthly campfire for Harmony residents with a movie.

**Conservation Cafe:** Join us every third Monday evening of the month at 6:30pm. We have guest speakers, nature walks, and more

**Coffee Social:** A great resident get together the first Saturday of every month

**Family Kite Flying:** Lets go fly a kite at Lakeshore Park! Bring your own or borrow one of ours, great for the whole family!

**First Friday Fishing:** Join us at Buck Lake the first Friday of every month for a fun evening of fishing. Bring your own pole borrow one from Thomas, the Dock Master.

**Genealogy Club:** Learn about your families' name with other residents.

**Photography Club:** Photographers needed to be a part of this exciting new club. Learn new techniques, about new equipment, and much more.

**Picnic in the Park:** Join us for a Potluck Style Picnic at Lakeshore Park.

**Snake Show:** Look out, a SNAKE! Come out to the Town Square and see these creepy crawlers in action.

**Teen Night:** A chance for all the teens in the community to get together with friends and dance at the Squeeze Center.

**Toddler Time:** A great opportunity for toddlers to play and grow with other children their age through dances, crafts, story time, and other group activities like holiday parties.

**Trail Hike:** Take a beautiful hike with us through our scenic trails.

**Wine Social:** A great chance to meet and mingle with fellow residents. Everyone brings their favorite bottle of wine to share with others.

## Sudoku

Level: Easy

	1	8	6	7				2
			4	3			6	
	6		9	8		5		
		1			7			3
	9	6	8		4	7	1	
8			3			4		
		7		4	6		9	
	2			5	8			
6				9	3	1	5	