

Live Healthy Georgia – Seniors Taking Charge!



July 2008 Newsletter

Summer Fun and Fitness with Parks, Recreation, and Leisure

By Mindy Bell, BS



For many families, summer is the time to go on vacation, enjoy fun in the sun, and get away from everyday stressors. Some will travel from coast to coast, while others prefer to spend quiet evenings at home. We can all use time to enjoy activities we love, clear our minds, and hopefully improve our health, too. July and the summer months are a good time to enjoy parks and recreation, and remind us that “active play” is a great way to stay healthy and to take advantage of the many activities available in the community.

There are many parks located throughout the state of Georgia that offer recreation and leisure services, as well as space where locals can come to enjoy the outdoors. Parks often have scenic nature trails to walk or bike on, pavilions or open areas for picnics, lakes for fishing and feeding ducks, bird watching, and other activities. Parks may house recreational facilities, aquatic centers, golf courses, and other outlets for fun

activities. You can visit the local parks in your area to find out what services are offered that may interest you, and any associated costs. Find a friend to buddy up with, or go with a family member for added safety and fun on outings.

There are many other ways to enjoy a variety of activities that help to keep your body and mind active, and to spend time with friends and family. Senior centers often arrange special events and field trips, such as dances, holiday parties, trips to the zoo, shopping, or other fun day-long excursions. Enjoy time with your friends by getting involved in these activities. Whether it is the special events and trips, or activities such as exercise, walking groups, crafts, painting, and games that are offered daily at the center, there is usually something for everyone.

Remember to think “safety first” when you go on outings. If you

Live Healthy Georgia – Seniors Taking Charge!



decide to go to a local park, go with a group or a friend for added safety and companionship. Be sure to take a water bottle, especially during the summer months when the weather is hot and humid. Remember your sunscreen and hat to prevent sunburns, as well as sunglasses to protect your eyes. Try to plan your outdoor activities for the morning or evening when temperatures are cooler and the sun's rays are less intense.

Have fun this summer by enjoying your favorite leisure activities to keep you healthy in mind, body, and spirit!

For more information, contact your local parks and recreation department in your community (county). You can also ask your senior center director for more information about activities and upcoming events at your senior center.



Happy Independence Day!

Don't forget to don your patriotic apparel on Friday, July 4th! Enjoy strawberries, blueberries, and other healthy red, white, and blue foods to help celebrate!



Recipe Spotlight

Blueberry Yogurt Cream Pie

(Serves 8)

Ingredients:

- 12 honey or cinnamon graham cracker squares (6 full sheets)
- 2 Tbsp soft tub margarine, melted
- 1 Tbsp water
- 2 (8 oz) containers low-fat, low-calorie ("light") blueberry yogurt
- 1 ½ cups light whipped topping
- 1 ½ cups fresh or frozen blueberries

Directions:

1. Preheat oven to 350°F. Spray a 9-inch deep dish pie plate with cooking spray.
2. In a food processor, grind graham crackers into fine crumbs. Add margarine and water and process again until the crumbs clump together.
3. Press the graham mixture into the bottom of the pie plate and about ½ inch up the sides. Bake for 10 minutes, then let cool.
4. In a small bowl, mix together the yogurt, whipped topping, and 1 cup of the blueberries. Pour mixture into the cooled crust and cover lightly with aluminum foil.
5. Freeze for 4 hours, or until pie is set.
6. Transfer pie to refrigerator about 1 hour before serving to thaw slightly and sprinkle remaining blueberries on top to garnish.