



Healthy, Fit & Fun Parents

September 2011



Welcome to the 2011-2012 School Year!

The leaves are just beginning to change color and cooler temperatures have started to appear in the forecast. Lucky for us, we live in Michigan where maintaining an active, healthy lifestyle is just as easy (if not easier) as it was during the summer.

Fall is the perfect time to stock up on produce! Apples and pumpkins are in-season along with over a dozen other fruits and vegetables. Be sure to visit the local farmers' market or produce stand to see what is available in your area. Remember, many of these items can be frozen or canned for longer use.

Running and walking are excellent fall activities while the weather is not too hot and not too cold. Raking leaves is another great fall activity that will keep your heart rate up!

If you are looking for healthy fall ideas, please feel free to contact the Crim Fitness Foundation at 810-235-3396.

Have a safe, healthy, and happy Halloween!

Sincerely,

The CrimFit Youth Program Staff:

Erin, Marti, Erin, Jeff, Sara, Sharon, Tom, Robyn, & Danielle

Snap Fitness 5K Fall Fitness Challenge

Snap Fitness is presenting a 5K Fall Fitness Challenge at Bicentennial Park in Grand Blanc on October 15, 2011. The Challenge, which begins at 9 AM, will consist of kayaking, running, and approximately three other fitness activities on a 5K course.

The event is open to the public and everyone is encouraged to participate—from first time race participants to the seasoned fitness professional. Entry fee is \$25/person to the general public OR you may join Snap Fitness for free and Snap Fitness will cover the cost of your entry fee. Prizes will be awarded.

Partial proceeds of this event will benefit the CrimFit Youth Program! To register, visit or call Snap Fitness of Grand Blanc (810-694-4000), Flint (810-232-4500), or Swartz Creek (810-213-4633).

Did You Know?

The Crim is working with FoodCorps, a national service organization that includes work with school gardens, hoop houses, and greenhouses. So, what's the difference between a hoop house and a greenhouse?

Any translucent structure into which the gardener can walk is a greenhouse." Eliot Coleman, 'Four-Season Harvest'

Greenhouses include any covered, protected garden structure that shields plants from the elements while still receiving light and warmth from the sun. They can be a glass or plastic-covered structure, free-standing or attached to a building. Hoop houses, or high tunnels, are a type of greenhouse. They are free-standing greenhouses made up of a line of arches which are covered in a layer of plastic.

For more information, please contact Robyn at Robyn.Wardell@foodcorps.org.

CrimFit Youth Program Staff:

- Erin Lamb, Youth Program Director
- Marti Austin, Youth Physical Activity Coordinator: Flint
- Erin Boillat, Youth Physical Activity Coordinator: Out-County
- Jeff Phegley, Youth Program Assistant
- Sara Schroeder, Nutrition Educator/Secondary Coordinator
- Sharon Davenport, Nutrition Educator
- Tom Hauer, Nutrition Educator
- Robyn Wardell, FoodCorps Member
- Danielle Royster, Up2Us Regional Coordinator

