

Get Moving: Spring Into Gardening





FITCITYCHALLENGE

Spring Into Gardening



April is National Gardening Month

Gardening can be a great way to incorporate physical activity during the day by stretching, bending, digging, and lifting tools and plants. Along with getting you moving more, gardening can help improve your diet if you plant nutritious vegetables and fruits that can easily be included into every meal.

🍅 Garden using self-watering containers = If space is limited try using different sized plant containers for growing your vegetables and herbs.

🍅 Use organic mulch around all trees, shrubs, and gardens = By adding an extra layer of mulch throughout your yard can save a little by reducing the amount of water needed to grow your plants.



🍅 Repot all indoor plants = Spring is a great time to repot all household plants. Repotting will allow your plants to grow and give you a chance to change the soil so that the plants can replenish their nutrients.

🍅 Instead of using a riding lawn mower, try a walking mower for half of your yard and work up to mowing the whole yard.

🍅 Plant a rainbow colored garden with your children:

- **Red** = cranberries, red potatoes, tomatoes, watermelon, cherries, red peppers, strawberries
- **Orange/Yellow** = carrots, oranges, peaches, yellow peppers, corn, squash (yellow summer or winter)
- **Green** = asparagus, cabbage, lettuce, green beans, spinach, zucchini, cucumbers, broccoli
- **Purple/Blue** = blackberries, eggplant, raisins, blueberries, figs
- **White** = cauliflower, mushrooms, onions, garlic, potatoes



🍅 Encourage your kids to participate in all gardening chores including: watering, pulling weeds, feeding plants, and pest patrol

- Gardening with your children can be a great educational opportunity = You can inform your kids about the responsibility it takes to keep a garden and the health benefits associated with growing fresh fruits and vegetables.



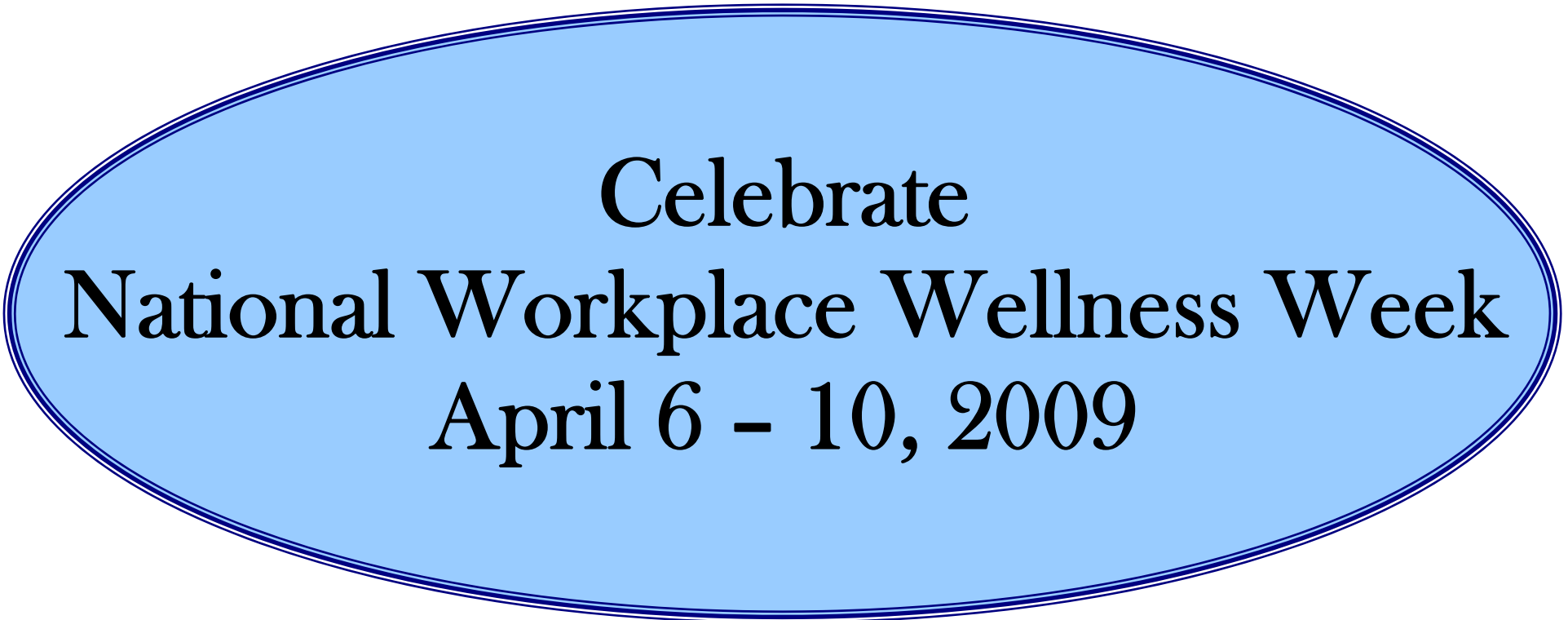


Mecklenburg County Park and Recreation offer many Easter egg hunts and other fun bunny events this season for kids, families, and seniors:



- 🐰 **Easter Party for Seniors at Mallard Creek Recreation Center**, 2430, Johnston-Oehler Rd, April. 8, 10:30am- 12:30pm, \$4 admission. Seniors citizens will enjoy Bingo and light refreshments.
- 🐰 **Community Festival and Egg Hunt at Revolution Park**, 2425 Barringer Dr., April 10, 11am-2pm, FREE admission. Includes face painting, balloon art, games, music, train ride and egg hunt.
- 🐰 **Egg Hunt at Freedom Park**, 1900 East Blvd., April 10, 1pm- 3p.m. FREE admission. Includes face painting, contests, visit with the Easter Bunny, candy and egg hunt.
- 🐰 **Color Me Beautiful Easter Eggs at First Ward Recreation Center**, 610 E. 7th St., April 10, 2pm-3pm, Admission: \$2. Decorate eggs, cool crafts and fun.
- 🐰 **In The Dark Egg Hunt at Hickory Grove Recreation Center**, April 10, 7pm-8p.m. Admission: \$2. Hunt for eggs in the dark, with flashlights available or bring your own. Various prizes.
- 🐰 **Grayson Egg Hunt at Naomi Drenan Recreation Center**, 750 Beal St., April 11, 10am-11am. Admission: \$1. Egg hunt though adjacent park with prizes for most found.
- 🐰 **Egg Hunt Fun Day at Martin Luther King, Jr. Recreation Site**, 500 Bilmark Ave., April 11, 10am- 11am, for ages 1-8. FREE admission. Find eggs and win prizes!
- 🐰 **Easter Eggstravaganza at Col. Francis Beatty Park**, 4330 Weddington Rd. This is the largest Easter egg hunt in the Carolinas on April 11, 10-2pm. In previous years in good weather, it has drawn as many as 10,000 people! Admission is FREE, and the event promises 100,000 hidden pieces of candy for children! Park at nearby Siskey Branch YMCA, ride shuttles. Egg hunts at Eggstravaganza at 10:30am, 12noon and 1:30pm. Other activities include games, petting zoo, face-painting, a petting zoo and carnival rides (for a fee). Event sponsored by FM 107.9 The Link.
- 🐰 **Bunny Trail Train Ride and Egg Hunt at 521 Recreation Center at Elon Park**, 11401 Ardrey Kell Rd., April 11, 10am-1pm, Admission: \$5. Ride Peter Cotton Tail's choo-choo train, hunt eggs.
- 🐰 **Community Egg Hunt at Ramblewood Park**, 10200 Nations Ford Rd., April 11, 1-pm-3pm. FREE admission. Family activities will include face painting, balloon art, crafts, music, carnival games, rides plus wellness and fitness information.
- 🐰 **Egg Hunt at Southview Recreation Center**, 1720 Vilma St., April 11, 11am-1:30pm. For ages 3-12, FREE admission. Socialize and have fun while hunting Easter eggs and winning prizes.
- 🐰 **Bunny Hop at Albemarle Road Recreation Center**, 5027 Idlewild Rd., April 11, 11:00am-1pm, Admission: \$3. Enjoy games, activities, food, prizes, and egg hunt.





Celebrate
National Workplace Wellness Week
April 6 - 10, 2009



FIT CITY WORKSITE WELLNESS
www.fitcitychallenge.org

FIT CITY FOR WORKSITE WELLNESS

Quick Tips to Create a Healthier Worksite

National Workplace Wellness Week is April 6 – 10

If you're looking for some simple ways to create a healthier worksite use these ideas to help you get started.

Get Moving...

1. **Start a Walking Group.** Advertise a set time a few days a week and invite your coworkers.
2. **Hold a Walking Meeting.** Get up and move while you meet.
3. **Post "Take the Stairs" signs.** Encourage coworkers to take the stairs, instead of the elevators, by posting "Take the Stairs" signs available at FitCityChallenge.org.
4. **Stretch it Out.** Release tension and stress by doing some simple desk stretches. Download the stretching chart from FitCityChallenge.org.
5. **Use Alternative Transportation.** Biking or taking the bus to work can add activity to your day.

Eat Right...

1. **Post Nutrition Facts for Vending Items.** Visit the snack company's websites to download the Nutrition Facts on items in the vending machines and post them on the machine.
2. **Start a Fruit Basket.** Bring in bananas, apples, pears and other fruit to sell at cost.
3. **Begin a Healthy Recipe Binder.** Print out recipes from FitCityChallenge.org and place them in the break room for employees to copy and take home with them.
4. **Healthy Foods at Company Events.** Request that healthy options be made available at company sponsored events.
5. **Drink Water at Work.** Post signs near the soda machines and at the water coolers to remind employees to drink more water.

Building a Healthier Worksite...

1. **Create a Rest and Relaxation Room.** Create a space for coworkers to relax during break or lunch time. Provide a back massager, relaxing music, etc to create a space to help employees reduce stress and recharge for the remainder of the day.
2. **Post the Wellness Board of the Month.** Download and post the Wellness Board of the Month to provide resources for employees to live a healthy life.
3. **Have a Break-room Makeover.** Purchase plastic table cloths to brighten the room. Have magazines on fitness and nutrition available. Pictures of nature for the walls.

Log onto www.FitCityChallenge.org and visit the Fit City for Worksite Wellness section for even more ideas and resources to help you create a healthier worksite.

Charlotte Clean & Green: Earth Day Celebration



April 18, 10 AM- 3PM

www.charlottecleanandgreen.com