



Piedmont Parks & Recreation News

piedmontparksandrec.com

January 2012

Chamber of Commerce Banquet

The annual Chamber of Commerce Banquet will be held on January 28th at 7:00 pm at the Baptist Church. Tickets are \$30 per person at the door, or \$25 if purchased in advance. Tables for eight can also be reserved in advance.

The entertainment will be the Piedmont Percussion Project, and the general public is invited to attend.

For more information, email Lisa at piedmontokchamber@gmail.com or call 373-2234.



Ladies Night at the Library

Ladies Night is a new monthly program with a simple craft, light snacks and conversation. It meets this month on January 12th at 6:30 pm. For more information, call Rhonda at 373-9018.

Move More at Work

According to research, the amount of time a person spends sitting while at work appears to be a risk factor for cancer. The cancer risk is lower in people who take as little as a one or two minute every hour for an activity break.

In addition to typical recommendations such as "take the stairs, not the elevator," the American Institute for Cancer Research offers these tips:

- Set the timer on your computer to remind you every 60 minutes that it's time to get away from your desk and take a short walk down the hall.
- "Walk with me." If you've got something quick to discuss with a co-worker, instead of sending an email, ask him or her to join you for a walk to hash it out on the go.
- Keep light hand weights in your office to use while reading email or talking on the phone.
- During all phone calls and phone meetings, stand up and walk around.
- Your office or cubicle wall is all you need for simple activities like stretches, vertical push-ups and leg lifts.

For more information on the relationship between physical activity and health, visit the American Institute for Cancer Research website at www.aicr.org.

For exercises you can do sitting in your office chair go to <http://exercise.about.com/library/officeworkout.htm>

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Piedmont Parks and Rec

A Tale of Two Fats

Fat in the body is primarily stored in two places - either just under the skin in areas such as the abdomen, hips and thighs (subcutaneous fat), or deep inside the body around the vital organs such as the heart, lungs and liver (visceral fat).

Although the body stores both kinds of fats, when it runs out of places to store subcutaneous fat, it begins to deposit more visceral fat. Women who have a waist circumference greater than 35 inches, and men that have a waist of more than 40 inches, are more likely to have unsafe levels of visceral fat.

Excess amounts of visceral fat in the body can lead to a greater risk of high blood pressure, type 2 diabetes, insulin resistance, heart disease, colon and breast cancer, fatty liver disease, and dementia.

There is no diet or exercise that targets visceral fat. Although moderate exercise or activity that raises the heart rate for 30 minutes at least three times a week has been shown to slow visceral fat deposits, the best way to reduce visceral fat is with vigorous aerobic exercise such as walking at an incline or jogging.

Short Days and Long Winter Nights

Listed below are some ways to combat the seasonal depression which many people experience during winter:

Exercise - Exercise increases the endorphins in the body which increases the feelings of happiness. Many studies have found exercise to be a more effective treatment for depression than antidepressants. A half-hour daily walk can significantly improve mood - and help get you in shape for spring.



Do deep breathing - Depression is often rooted in stress. Deep, relaxing breaths stimulate the vagus nerve, and vagus nerve stimulation calms the stress response. When you feel anxiety running high, you can stimulate the vagus nerve by slowing down and making your exhale twice as long as your inhale.

Get outdoors - Exposure to outdoor light improves mood, even when it's cloudy outside. To inspire yourself to get outside, treat yourself to the things that will make it more fun such as new boots or a bright scarf and hat. Spend some of your time outdoors without sunglasses so sunlight can reach your eyes and travel to the pineal gland in your brain where it helps boost mood.

Get sun exposure - Trim branches that prevent light from entering your windows. Raise the blinds. Eat breakfast in a sunny room. Research has shown that even gazing at the great outdoors can increase your energy and improve your mood.



Change your light bulbs - Use full-spectrum bulbs, or CFL bulbs with a color temperature greater than 5000K and a CRI of over 90. Sit near a full-spectrum light bulb for 30 to 60 minutes a day.

Get some vitamin D - Vitamin D is what your body makes when exposed to

sunlight, but it's difficult to get the amount of sunlight you need in the winter. Talk with your doctor about taking a vitamin D3 supplement. Most experts recommend 1000 IU daily.

Eat a healthy diet - Eating high carbohydrate comfort foods can lead to weight gain and lethargy. Instead, eat walnuts and fatty fish which are high in omega-3s that help fight depression. Stock up on healthy food and snacks so you eat fewer sugary snacks and fast foods.



Drink warm drinks like tea, coffee, and hot chocolate. A large study found that women who drank more than four cups of coffee a day had a 20% lower risk of depression than those that drank less. Set the coffeemaker so you wake up to the smell of coffee in the morning.

Sleep - Get 8 hours of sleep. Stick to a regular sleep schedule. Don't sleep in on weekends.

Add color - Use bright colors in the places that you frequent: your home, your office, your car. Add splashes of color to rooms with pillows, paint or fresh flowers. Wear bright colors.

Stay warm and dry.

Laugh - Find websites on the internet that send a daily joke to your inbox for free.

Read - Piedmont library cards are free.

Listen to music - A study showed that people who listened to uplifting music with a lively beat felt happier within just 15 seconds.



Watch movies - Get a list of the top funny movies of all time and watch as many as you can. Or watch your favorite TV series on DVD.

Get a massage - Massages can lower the level of the stress hormone cortisol and increase the level of the neurotransmitter serotonin, the same brain chemical that is increased by antidepressant medications. The one key to getting the beneficial anti-depression effects of massage is that it must involve at least moderate pressure.

Socialize - Feelings of loneliness and isolation contribute to seasonal depression. Spend time with friends and family. Meet regularly with a friend for coffee, or with a group of friends for potluck or game nights. Skype. Join a new organization to expand your social circle.

Volunteer - Studies have shown that people experience an improvement in their mood when they do something good for others.

Occupy your mind - Try a new hobby. Work on your New Year's resolutions. Complete a project.

Take a vacation - Hotels and attractions often have great deals during the winter months. Explore a nearby town. Attend a winter festival or special event.

Think positive - Embrace all that comes with the winter season: hot chocolate, fireplaces, snow, and watching for the first signs of spring.

Get professional help - If feelings of depression persist, seek help from a psychologist, psychiatrist, clinical social worker, mental health counselor, or other health care provider.



January Community Calendar

- 3, 10, 17, 24, 31** (10:00 am) - **Preschool Story Time** at the library, free, 373-9018
- 4, 11, 18, 25** (noon) - **Senior Adults lunch and fellowship** at the Methodist church, \$3, for reservations call 373-2905
- 5** (2:00 pm) - **Triad meeting** at the police department, speaker is Cindy Opheim from Adult Protective Services, free, 373-1334
- 5, 12, 19, 26** (3:30-5:00 pm) - **Wii, Craft & Snacks** for 5th grade & up, at the library, free, 373-9018
- 5, 12, 19, 26** (7:30-8:30 pm) - **Zumba class** at city hall, beginners welcome, \$3, 650-0229
- 6, 13, 20, 27** (10:00 am) - **Mother Goose on the Loose** for ages birth to 2 years, at the library, free, 373-9018
- 7** (9:00-11:00 am) - **Piedmont Recycling** at the former co-op, Methodist church members will be there to help, 373-2905
- 7, 14, 21, 28** (10:00-2:00 pm) - **Historical Society Museum** is open, free, 823-1345
- 7** (1:00-3:00 pm) - **Piedmont Area Rocketry Club** for all ages, at the civic center, free, 488-5999
- 10** (6:30 pm) - **Canadian County Tuff Riders** 4-H equine program for 9-18 year olds, no horse required, at the library, free, 373-1387
- 11, 18, 25** (10:00-noon) - **Library Quilters** for anyone interested in quilting, at the library, free, 373-1662
- 12** (7:00-8:00 am) - **Legislative Breakfast** at city hall, guest speaker is Lt Governor Todd Lamb, free, 373-2234
- 12** (6:30 pm) - **Ladies Night** at the library, for adults, free, 373-9018
- 12** (6:30 pm) - **Piedmont Parent Network** at the Methodist church, an attorney will discuss setting up trusts for children with special needs, free, 514-9248
- 13** (6:00-10:00 pm) - **Stampin' Up** card & paper crafting camp at civic center, \$5, bring your own supplies, RSVP 535-8849
- 19** (6:30 pm) - The **No-Experience-Necessary Writer's Group** for adults, at the library, free, 373-3788
- 26** (6:30 pm) - **KidCo Theatre** at the library, for all ages, free, 373-9018
- 28** (7:00 pm) - **Chamber of Commerce Banquet** at Baptist church gym, entertainment is Piedmont Percussion Project, advance ticket \$25 / \$30 at the door, 373-2234