

fitness challenge 2010

!EXTRA ACTIVITIES!

- The following explains some extra activities offered through the challenge
- *If a class is FREE it does not require a punch on your card. Any extra fees are noted.*

GET FIT AND QUIT!

Want to Quit smoking or using tobacco?

Teens and adults are welcome to GET FIT and QUIT! Take time NOW while you're joining the fitness challenge to do what doctors say is the single best thing you can do for your health and QUIT USING TOBACCO! Tobacco cessation classes will be offered for both teens and adults Tuesday nights from 6pm-7pm at Haywood Regional Fitness Center starting March 23rd. Classes are free to all youth and to the first 20 adults. If you're interested in signing up, email susie.bryson@haywoodmed.org or call Susie at 452-8088. For more details, stop by the "Get Fit and Quit" table at the Kick-off on 3/17 from 6-7pm at Waynesville Rec. Center Sign up and get great free stuff! Continue to visit our tables again at the Midpoint festivities on 4/20 from 6-8pm at Haywood Regional Health and Fitness Center, and the Grand Finale 5/11 at Allen's Creek Park from 6-8pm for additional prizes and support. Get ready to get healthy – see you at the Kick off!!

HAYMED TRIATHLON

Time: 8:00 AM

Date: Saturday, May 22, 2010

Place: Clyde, North Carolina : Race begins and ends @ Haywood Regional Health & Fitness Center

Distance: 300 yard Swim, 10 mile Bike, 5K Run

Fee & Registration Required. For more information go to www.gloryhoundevents.com

Even if you're not participating, check out this event and get inspired!

If you're interested in volunteering for this event, contact Greg Duff @ 400-5868.

HAYWOOD COUNTY RECREATION AND PARKS

- **Seniors Basketball** - April 1 10am - Old Hazelwood Gym (216 Virginia Ave. next to Folkmoot USA) Open to all interested senior citizens. Practice shooting basketball and prepare for the upcoming Senior Games event to be held in May.
- **Seniors Bocce** - April 21 10am - Allens Creek Park – Open to all interested senior citizens. Come enjoy a game of bocce and prepare for the upcoming Senior Games event to be held in May.
- **Seniors Horseshoes** - April 22 10am - Maggie Valley Town Hall – Open to all interested senior citizens. Come enjoy a game of horseshoes and prepare for the upcoming Senior Games event to be held in May.
- **Max Patch Family Nature Hike** - May 8 10am - Meet at Ferguson's Supply and carpool. 4 mile hike. Bring a pack lunch and enjoy the views from the top of Max Patch Bald while you eat. Dogs are allowed but must be leashed.

HAYWOOD REGIONAL HEALTH & FITNESS CENTER

Blood Drive

Wednesday, April 7th from 9am to 1:30pm in the Fitness Center Classrooms. Please bring a picture ID with you.

Call for an appointment at 452-8088 or walk-in appointments are welcome.

Diabetes Education Support Group

Diabetes support group meets the last Wednesday of each month at the Fitness Center at 4pm. Anyone is welcome. Learn more about how to manage diabetes or connect with others with similar experiences. If you or someone you know has diabetes, please come join us.

KELLY'S HOOLA HOOPING

You can meet Kelly at the Kickoff festivities along with demonstrations.

If you are interested in hoola hooping regularly during the Fitness Challenge, stop by and see her at the Kickoff or contact her at kelgrrl@gmail.com or 506-1236.

Times/Days/Locations will be coordinated based on interest!

KIDS AT WORK

Kids at Work is an afterschool program designed to empower at-risk youth through the culinary arts. Our professional staff will teach every aspect of the food service industry, nutrition and communication skills to prepare youth for an exciting career in the culinary arts. Best of all, we always eat what we cook! It is completely free and includes transportation. For kids ages 12-17. Call Corey for more information at 828-508-3115.

LAKE JUNALUSKA BUNNY RUN 5K/10K/FUN RUN

Lake Junaluska Bunny Run - 5K, 10K, and Fun Run

Date: April 3, 2010

Location: Lake Junaluska Grounds----Start will be in front of Stewart Auditorium

Fee: \$20.00 before the race

\$25.00 day of the race

Questions; Contact Greg Duff at greg@gloryhoudevents.com

LAKE JUNALUSKA DUATHLON

Time: 9:00 a.m.

Date: Saturday, April 17, 2010

Place: Lake Junaluska : Race begins and ends at Chapel Parking Lot at Lake Junaluska Conference & Retreat Center

Distance: 2.2 mile run, 18 mile bike, 2.2 mile run

Fee & Registration required: For more information go to www.gloryhoudevents.com or call Greg Duff at 400-5868

MEADOWBROOK CUBS ON THE RUN – 5K & FUN RUN

Help bring light to the growing problem of childhood obesity.

Date: March 20, 2010 Time: 9:00am

5K Run/Walk ~ open to all ages/Free T-shirt to First 100 Entries

Entry Fees for 5K: \$20.00

Cub Fun Run/Walk ~ open to all ages, less than 1 mile

Entry Fees for Cub Fun Run/Walk: \$5.00 for kids 12 and under - register anytime/\$10.00 registration anytime

To sponsor or volunteer please contact Meadowbrook Elementary PTO for more information: 828-646-3445

For entry form please visit <http://teacher.haywood.k12.nc.us/bswanger/>

NUTRITION ADVANTAGE

Weight Loss Challenge

- New class begins Monday, May 17, 2010 - just in time to continue on with the Fitness Challenge
- The current class will pay out over \$800 to 3 people who lose the biggest % of their weight
- Join me from 5:30 -6:30 and learn things you never knew about losing weight and staying healthy
- Get Inspiration, Motivation and Accountability for your 2010 health and weight goals
- IST United Methodist Church at Haywood and Academy Streets - Waynesville

Call Lois Beery for more details @ 828.456.2894

ROUGH CREEK TRAIL EVENTS

May 1 - Saturday

Join biologist Sarah Martin to see the beautiful display of wildflowers during a walk on Rough Creek Trail in Canton's Rough Creek Watershed. Meet at 10 AM at the Canton Ingles parking lot to carpool to the site. Bring a bag lunch and water. Wear stout hiking boots or shoes and long pants.

WEST HAYWOOD & CANTON RELAY FOR LIFE

Haywood County Relay For Life Events: Come out and Help us raise money for the American Cancer Society. Last Year Haywood County raised over \$155,000.

Canton:

What: Relay For Life

When: May 14th starts at 6pm and ends May 15th at 6am

Where: Canton Recreation Park, Canton NC

How: Start a team or join a team and become involved in the fight against cancer.

Website: www.relayforlife.org/cantonnc

Questions: Melinda Ball event chair @ 400-2900

West Haywood:

What: Relay For Life

When: May 21st starts at 7pm and ends May 22nd at 7am

Where: Maggie Valley Festival Grounds, Maggie Valley NC

Website: www.relayforlife.org/westhaywood

Questions: Keith Beck event chair @ 734-0057

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Healthy Haywood
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Use **facebook** as a tool to connect with others in the county interested in being healthy. Share resources, information and keep up on events and programs offered and/or supported by Healthy Haywood.