

May

2011

Lisa Brown, Executive Director

Betty Miars, Shelby Co Case Manager

Sheila Lundy, Shelby Co Assistant Case Manager

Jennifer Bruns, Program Coordinator

Kelli Berger, Darke Co Assistant Case Manager

Sara Mitchell, Administrative Assistant



# Big Brothers Big Sisters

BIG BROTHERS BIG SISTERS OF SHELBY AND DARKE COUNTY, INC.

## HEALTH AND FITNESS TIPS OF THE MONTH....

### 8 Ways to Get Fit and be Social

It becomes a nice way to get some exercise when you merge hanging out with your favorite people with some fun exercise that's not done all the time. The bonus? You'll have a great time, strengthen your friendships, meet new people, and stay on track with your fitness goals. Here are 8 ways how you can do it this summer:

1. Go for a hike. Gather your friends and plan a day of fun and fitness at a local, state, or national park. Pack a lunch, plenty of water, and your camera.
2. Team sports. Recreational leagues are available for men, women, and children of all ages and abilities. You'll get together for practices and games and may even travel to tournaments.
3. Join or start a walking group. Whether it's ladies-only, gents-only, or a mixed group, let the conversation flow as you rack up the steps and move toward better health. Walk around the neighborhood, at the mall, or at a park.
4. Put on your dancing shoes. Even if you've never danced a step in your life, it's never too late to learn how. Learning how to swing, tango, rumba, or do the Hustle is fun, energizing, and a great way to sneak in some exercise.
5. Join a group fitness class. Invite your friends to sign up for an exercise class together. There's an endless variety of formats and classes to choose from; and you're sure to find something that makes you sweat and laugh.
6. Consider small-group personal training. Small-group training sessions are more fun and often less costly than one-on-one sessions. Look for a certified personal trainer who offers group sessions, and invite a friend or two to join you.
7. Enjoy seasonal activities. Make fitness a year-round habit by sharing fall, winter, spring, and summer activities. From fishing and camping to snowshoeing and sailing, if you maintain an open mind and an adventurous spirit, you'll never run out of ideas for fun and fitness.
8. Get out of town. Take an active vacation together and enjoy walking tours, bike tours, kayaking, or golf. Go on a picture safari, explore the bell towers of medieval cathedrals, tour museums and historical sites, and have a ball.

### Healthy Recipe of the Month: Homemade Hearty Applesauce

4 apples - peeled, cored and chopped

3/4 cup water

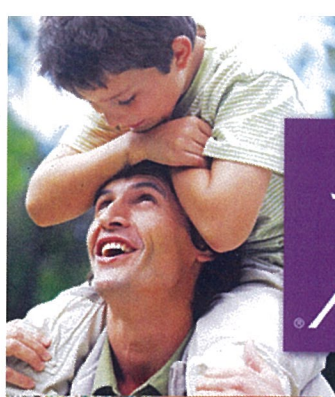
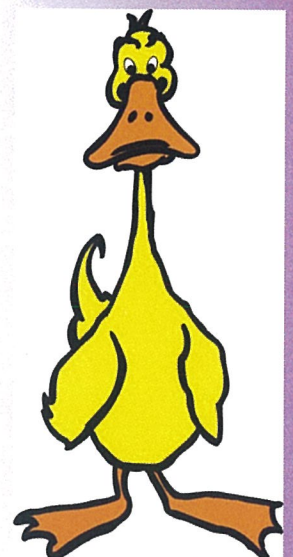
1/4 cup white sugar

1/2 teaspoon ground cinnamon

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

Join us for Duck n' Run Daffy Derby and 5K, Thursday, June 23 at Tawawa Park in Sidney.

Duck launch is at 7:30 pm, with the 5K starting at 8:15 pm.





**Big Brothers Big Sisters of Shelby and Darke County, Inc.**

Mailing Address: PO Box 885, Sidney, OH 45365  
Shelby County Office: 121 East North Street, Sidney, OH 45365  
Darke County Office: 205 E. Fourth Street, Greenville, OH 45331

Phone: 937-492-7611 or 937-547-9622  
e-mail: [info@bigbrobigsis-shelbydarke.org](mailto:info@bigbrobigsis-shelbydarke.org)

**Start Something...  
Make a Positive and Lasting Impact!!!**

**[ We're on the web @  
[www.bigbrobigsis-shelbydarke.org](http://www.bigbrobigsis-shelbydarke.org) ]**



**Upcoming Events...Mark your calendars!!**

Thursday, June 23 - Duck Derby & 5K - Tawawa Park in Sidney—RSVP

Saturday, June 25 - Kids Around the Square - downtown Sidney

July 24-30 - Shelby County Fair - Sidney

August 19-27 - Darke County Fair - Greenville

**RSVP for all events to 547-9622 or 492-7611**

If your employer offers any incentives for volunteers or local grants, please let us know, so we can apply for assistance with funding our programs.

Find us on  
Facebook!

Make a BIG impact!!  
Recruit a volunteer to-  
day! It only takes a few  
hours two times a month  
to impact the life of a  
child!!  
Volunteer today!

**Schedule your active summer:**

[www.visitdarkecounty.org](http://www.visitdarkecounty.org)

*Sights & Attractions*

*Festivals & Events*

*Parks & Recreation*

[www.visitsidneyshelby.com](http://www.visitsidneyshelby.com)

*Sites & Attractions*

*Let's Go Calendar*

*Parks & Recreation*

[www.visitsidneyshelby.com/festivals.asp](http://www.visitsidneyshelby.com/festivals.asp)

This publication is sponsored by a 2010 Dannon Next Generation Nutrition Grant provided by The Dannon Company, Inc.