

**Have You Checked  
Your Blood Pressure  
Today?**

# TREK TEN TRAILS

*The Nature of Health*

**MAGNIFY & FRIENDS**  
Credit Union

Intro ■ Promo Issue

## **What is TREK TEN TRAILS?**

Designed to get families “off the couch” and outdoors to enjoy *nature* along featured hiking trails in Polk County, Friends of the Parks Foundation launched its innovative TREK TEN TRAILS program in 2007. Beginning its fifth season November 12, 2011, Trek Ten has grown from its original 10 trails, to a total of 30 for 2012. Five new trails are added each year with a monthly guided hike to introduce the treks required to be eligible for prizes and recognition at year-end. Participants then choose five more from the remaining selection of featured trails.

## **Trek Ten Trails is TOTALLY FREE - and FUN!**

Just pick up a Validation Game Card at any Magnify Credit Union, Polk County Public Library, Circle B Bar Reserve or Outpost 27. Download the Factsheet for the trail you want to hike from the Friends of the Parks website: [www.friendsoftheparks.net](http://www.friendsoftheparks.net). Factsheets contain driving directions to the trailhead and GPS coordinates as well as easy-to-follow written instructions for finding the geocache (hidden treasures). Inside the geocache is a self-inking stamp for validating your trek. Collect ten stamps, then mail your card. It's as simple as that. Find complete details on how the program works online. However, 2012 Factsheets will not be published for the new season until the November 12 kick-off at Polk's Nature Discovery Center.

## **So what is The Nature of Health?**

From its inception, the motivation for creating Trek Ten Trails was to connect kids with the many benefits of nature and help target the increasing rise in childhood obesity.

The good news is that obesity is preventable through healthy eating habits and physical activity; but the bad news is that Americans are not taking the necessary steps (pardon the pun) to prevent obesity. The fundamental reason our children are overweight is that too many children are eating too much and moving too little.

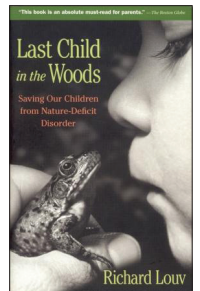
Richard Louv, author of *Last Child in the Woods*, suggests one reason for the rise in childhood obesity is a result of our society's obsession with technology. Mr. Louv cites a myriad of explanations for why parents keep children focused on indoor activities, causing what he considers another disease of epidemic proportion that he calls “nature deficit disorder.” Mr. Louv proposes that the link with nature is critical to childhood development and emotional well-being. He wants us outdoors!

The Nature of Health, as we like to call the “dimensions” of wellness, is not just about physical wellness. There are actually seven dimensions of wellness - physical fitness as well as social, spiritual, intellectual, financial, emotional and environmental; and they are intimately intertwined. Wellness is a delicate balance of all these dimensions. Dimensions is simply a fancy term for all the concepts that contribute to our total well-being.

The Nature of Health will give Trek Ten participants an opportunity to receive wellness-related tips and information from local health professionals and wellness coaches via periodic electronic newsletter and e-mail notifications.\*

**SIGN UP TODAY! Send e-mail address to: [glendamink@polk-county.net](mailto:glendamink@polk-county.net)**

\* You may unsubscribe at any time.



## **ARE YOU UP FOR THE CHALLENGE?**

**MAGNIFY Credit Union's BIGGEST LOSER Starts in January!**

While the Trek Ten Trails Program will continue through October 2012, **The Nature of Health** wellness component will only run the first five months in conjunction with the monthly guided hikes.

**“SURPRISE” INCENTIVES PLANNED RANDOMLY FOR GUIDED HIKES!**

**LEARN MORE attend Trek Ten Trails THE NATURE OF HEALTH Kick-Off**

November 12  9:00 AM

Polk's Nature Discovery Center, Circle B Bar Reserve  
4399 Winter Lake Road, Lakeland





## Kids Corner

Active-An-Hour-a-Day

The Gulf Ridge Council of Boy Scouts of America, which includes Polk County, is promoting a healthy-living initiative called "ScoutStrong" in collaboration with the President's Council on Physical Fitness, Sports and Nutrition.

To earn the Scout-specific Presidential Active Lifestyle Award, designed to teach the importance of making healthy choices, children under 18 must be physically active 60 minutes a day (30 minutes for adults), for at least five days a week for six out of eight weeks. More than 100 activities count toward the daily requirement, including walking, running, gardening and canoeing.

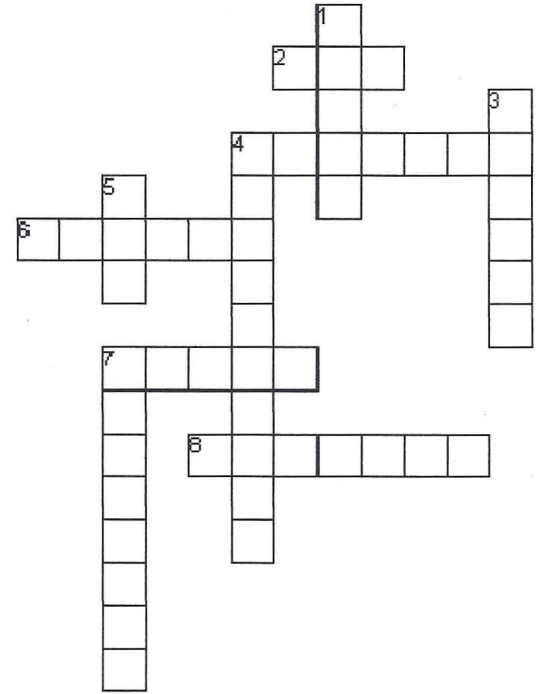
There are 2.7 million Scouts between the ages of 7 and 21 in the U.S.

### Across:

2. Run and chase your friends when you are "it" in this game.
4. Ride this two-wheeler up a hill for an extra exercise boost!
6. Perfect for kids who enjoy competition and teamwork.
7. Number of minutes you should spend being active each day.
8. Two-legged transportation that can get you lots of places!

### Down:

1. Hip-hop, jazz, and ballet are just a few ways you can do this activity.
3. A break from classwork when you are at school. Make the most of it by playing ACTIVE games.
4. Jump, shoot and dunk your way to fitness.
5. This four-legged friend would love to take YOU for a walk
7. This fun activity will leave you soaked.



**WORD BANK:** basketball, bicycle, dance, dog, recess, sixty, sports, swimming, tag, walking

Puzzle answer: [www.friendsoftheparks.net](http://www.friendsoftheparks.net)



## GEOCACHING Fun

Geocaching is a worldwide high-tech treasure hunt played by adventurers - people just like you and me - equipped with GPS devices or easy-to-follow written instructions. "Geocaches" are containers hidden on every continent from Antarctica to North America—at your local park, in the woods, on the side of a city street, or even underwater. A "geocache" includes a logbook or sheet for you to sign, and prizes called swag. Trek Ten geocaches also include a self-inking stamp. The goal is to locate the "geocaches" outdoors and then share your experiences online with fellow hide-and-seekers! Geocaching is enjoyed for lots of reasons . . . for community or family involvement; for love of the sport; for exercise; or to support, protect and enjoy the environment. **And it's FREE!**

Visit [www.geocaching.com](http://www.geocaching.com) to begin.



## Circle B Connector Trail

November 12, 2011

Walkers and bicyclists can access the Circle B Connector Trail from the Fort Fraser Trail between the Highland City Trailhead and the trailhead at Polk State College.

From the Connector Trail you will wind through the woods along a short half-mile of paved trail until you reach two miles of stabilized trail. This part of the trail takes you past a marsh with open grassed areas and then meanders along a magnificent wading bird marsh to reach Polk's Nature Discovery Center at Circle B Bar Reserve. Have your camera ready!

The trail is currently open 6:30 a.m. to 8 p.m., but when the time changes on Nov. 7, the hours will change to 7 a.m. to 6:30 p.m.

The Trek Ten Trails guided tour November 12 will begin from the Circle B end. Plan to get three of your validation stamps on kick-off day . . . Circle B, Circle B Connector Trail, and Fort Fraser Trail. Three down and only seven more trails to trek!

*Runs on fat and saves you money.*



*Runs on money and makes you fat.*



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

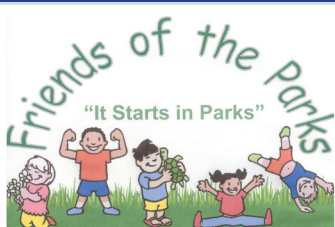


## Your Financial WELLNESS



### STICK TO YOUR BUDGET

'Tis the season is just around the corner and sticking to a budget is especially hard during the holidays. Making a list and checking it twice is always good advice. The second time through, consider cutting your list in half. Then if something comes up, like unexpected guests, you'll be covered. Give *yourself* a gift - like not going into *big time* debt over the holidays!



[www.friendsoftheparks.net](http://www.friendsoftheparks.net)