



# healthy

WINTER 2013

Creating community through healthy living.

# families



## TEAM SPORTS PROVIDE VALUABLE FITNESS, LEARNING OPPORTUNITIES

The Elgin Parks and Recreation Department offers a wide variety of organized and recreational sporting activities to match any age group or skill level. Why should your child participate? A recent article by *Collin, et al* highlights the benefits to children who are involved in team sports:



- Gets children physically active and part of organized activities
- Develops their self-esteem and confidence
- Elicits joy from feeling included within a group of peers
- Provides recognition for doing something productive and shows their progress
- Promotes optimism and hope – children included in organized activities tend to have greater aspirations for the future
- Gives them a sense of contributing to the greater good – when children participate in a group setting they feel like they are part of something bigger
- Offers fun experiences and lasting memories
- Builds friendships – activities give children an opportunity to meet new people who have similar interests



### SNAPSHOT: PRAIRIE PARK

Prairie Park is located on Elgin's eastside at 301 Willard Avenue. The park offers something for everyone, including basketball courts, small-side soccer fields, a gazebo, the city's largest skate park and a paved walking path that is a quarter of a mile long. Don't let the winter season stop you from visiting during this time of year. You'll enjoy the surroundings from a different perspective.

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# WALK WITH THE MAYOR

JANUARY 7  
MARCH 4  
APRIL 1

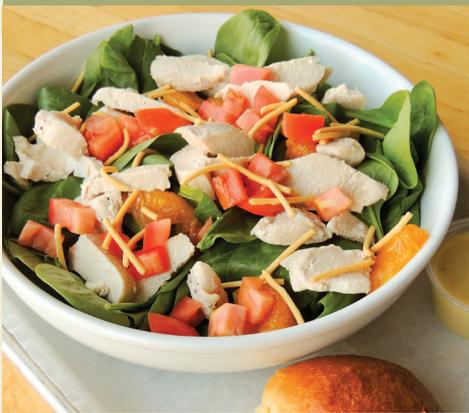


**Walk with the Mayor** will continue throughout the winter months at The Centre of Elgin on the indoor walking track at 8 a.m. An average-sized person can burn approximately 200 calories on this brisk 45-minute walk.





Eating healthy isn't always easy when dining out. Elgin Mayor Kaptain and area restaurants are teaming up to help residents make the healthy choice the easy choice.



## On The Side

Mayor Kaptain visited On the Side, a new restaurant at 74 S. Grove in downtown Elgin. The eatery serves breakfast and lunch. Owner Tom Creighton notes that their menu includes vegan and vegetarian options, some gluten-free options and lots of comfort food – all made from scratch daily.

The Mayor had the Asian Chicken Salad with orange segments, chow mein noodles, tomatoes and ginger-citrus vinaigrette on a bed of fresh spinach, which totals 550 calories. If you're watching calories, order the dressing "on the side" and use less, or order the reduced-calorie dressing. A briche roll is included with lunch, which is an additional 226 calories.

## YOUTH SPORTS PROGRAMS BEGIN

### Little Kicker Indoor Soccer League – January 10-March 8

The Eastside Recreation Center now offers an indoor youth soccer program for children in kindergarten through second grade. It gives youngsters a perfect opportunity to get out of the house during winter and exercise while learning important soccer skills that they can immediately apply in their games. Participants will also discover the importance of sportsmanship and teamwork while they play soccer, have fun and make new friends.



### Youth Basketball Leagues – January 18-March 8



Sign up now for our winter Youth Basketball League. Players will be taught the skills and rules of the game and how to work as a team while displaying good sportsmanship. Each team practices one-hour per week with games played each Saturday. Registration is scheduled until December 28. Participants registered after December 28 will be placed on a waiting list. For more information, visit [cityofelgin.org](http://cityofelgin.org).



## SUCCESS STORY: ELGIN CYCLONES SWIM TEAM DEVELOPS FUTURE LEADERS

In June 2006, Jakob, Lilly and Lukas Woerner joined the Elgin Cyclones swim team as 6-year-old novices to competitive swimming.

The Cyclones offer a fun, supportive environment that teaches lifelong skills, sportsmanship, respect, leadership and excellence through swimming. The team practices at The Centre's competitive pool facility.

During their first meet on the team, the three young swimmers were nervous but knew their training would provide the support they needed to succeed. They survived their first meet, finishing in the top three in many events. That summer the Woerners continued to swim and develop a greater appreciation of the sport.

As team members on the Cyclones, they became physically fit, educated themselves about nutrition, and learned how to compete graciously and lead by example. Swim team helped

The Cyclones swim team gave Lilly, Jakob and Lukas Woerner greater self-esteem.



them set goals and achieve them, and provided them a great source of self-esteem and confidence.

Today, the Woerners are continuing their aquatic success competing on the high school swim team. The lessons they learned have helped them become strong leaders in and out of the swimming pool.