

## It takes a village

To continue slowing down the obesity “epidemic”, communities can take action to make sure that regular physical activity is an easy choice for everyone. Communities can provide opportunities for physical activity such as walking trails, sidewalks, bicycle lanes on roads, and sports fields. Schools, places of worship, worksites, and community centers can provide opportunities and encouragement for physical activity.

The US Centers for Disease Control and Prevention (CDC) has reviewed community-level approaches to promote physical activity. These strategies all have been shown to increase physical activity and improve physical fitness without harm:

- **Community-wide campaigns** involving media and many different sectors of the community, with programs targeted to individuals, groups and the environment.
- **School-based Physical Education** with increased time spent in moderate-to-vigorous activity by increasing PE class time, changing the activities taught or modifying the rules of the game so that students are more active.
- **Social support programs** to strengthen and maintain social networks that support physical

activity such as setting up a “buddy” system, making “contracts” with others to complete specified levels of physical activity, or setting up walking or other groups to provide friendship and support.

- **Programs to help individuals increase their physical activity** tailored to the individual’s own interests and preferences,. Programs should help participants learn how to set goals and monitor their progress, build social support for new behavior patterns, reinforce their own behavior, solve problems related to maintaining healthy behaviors, and prevent relapse into sedentary behavior.
- **Projects and policies to create or enhance access to places for physical activity**, changing the local environment to create opportunities for physical activity and reduce barriers such as fees and limited hours of operation. These may be community-wide or at worksites, schools, and other facilities.

from <http://health.gov/paguidelines/> and <http://www.thecommunityguide.org/pa/index.html> . Both of these websites have lots of information for individuals, organizations and communities.

## Recipe of the Week: Beer Barbequed Chicken

from [www.eatingwell.com](http://www.eatingwell.com)

serves 6

1 tablespoon smoked paprika  
2 teaspoons dried oregano  
1 1/2 teaspoons salt  
1 teaspoon packed dark brown sugar  
1 teaspoon ground cumin  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/2 teaspoon ground chipotle chile  
1/2 teaspoon freshly ground pepper  
1 4-pound chicken, giblets and excess skin removed  
1 12-ounce bottle beer, preferably pale ale or American lager, divided

1. Preheat a gas grill (with all burners lit) to 400°F or build a fire in a charcoal grill and let it burn down to medium heat (about 400°F).
2. Combine all ingredients except chicken and beer in a small bowl.
3. Loosen chicken skin over breast and thigh meat. Rub spice mixture under skin onto breast and leg

- meat, a little on skin and inside cavity. Tuck wings under body. Tie legs together with kitchen string.
4. If using a gas grill, turn off one burner (leaving 1 to 2 burners lit, depending on grill). If using a charcoal grill, move coals to one side. Wearing an oven mitt, carefully place a drip pan under the grill rack on the unheated side. Place chicken breast-side down on the rack over the pan. Pour half the beer into the cavity (it’s OK if some drips out into the drip pan).
  5. Close the lid. Roast undisturbed for 45 minutes.
  6. Turn chicken breast-side up. Pour remaining beer into cavity. Cover. Continue roasting until an instant-read thermometer inserted into the thickest part of the thigh without touching bone registers 165°F, 30 to 45 min. more. Transfer chicken to a clean cutting board; let rest for 10 minutes. Remove the string and carve.

**Nutrition (without skin):** Calories: 173      Fat: 7g  
Saturated Fat: 2g      Protein: 25g      Fiber: 1g      Sodium: 656mg

**Tip of the Week:** Save money on milk! Buy only as much as you expect to use, keep it cold, don’t buy protein-fortified milk, and shop around for the best prices on organic milk. --- from [www.cookinglight.com](http://www.cookinglight.com)