



# GET FIT! CARROLLTON

January-March 2014

*Get Fit! Carrollton is here to inspire you to lead a healthier, happier, and more active life by providing information on fitness, exercise, and nutrition. Get Fit! Carrollton publishes a quarterly eNewsletter with new information about fitness, health, upcoming events, and more.*

## PLACE TO WORK OUT – ELM FORK NATURE PRESERVE

Looking for a great trail for running or hiking on? Try the Elm Fork Nature Preserve, 2335 Sandy Lake Road. Routed along the banks of the Trinity River and the McInnish Park Sports Complex, this .75 mile loop trail winds through a 40.28-acre site designated as a nature area that includes an Interpretive Center and a Texas Wildscape. Take in the sights of the 14-acre pond and a closer look at the native vegetation.



## TRY WHOLE GRAINS

I'm sure by now everyone has heard that whole grains are better for you, but why? Whole grains, compared to refined grains, lower the risk of many chronic diseases and illnesses such as stroke, type 2 diabetes, heart disease, and obesity. Whole grains are also a great source of vitamins B and E, magnesium, iron, fiber, and other antioxidants not found in some fruits and vegetables. For starters, try replacing white bread with whole grain bread when making a sandwich, and white rice with brown rice during your next meal.



## MAKE SURE TO WARM UP

Warming up before and cooling down after a workout is extremely beneficial to you and your body. A simple five minute warm-up before any exercise can greatly decrease the chance of injury during your routine, especially in these colder months where it is harder to stay warm. Make sure to slow your pace at a constant rate for a couple of minutes and stretch after each workout; doing so will relieve a lot of that soreness and stiffness you feel the next day.



## MEET OUR INSTRUCTOR

Gail Marshall has been working with the City of Carrollton since 1986. She is the founder of The Fitness Foundation and teaches the Fat Burning Fitness class at Rosemeade Recreation Center, which focuses on cardio benefits, toning, and firming. To contact Gail, e-mail [gailcmarshall@verizon.net](mailto:gailcmarshall@verizon.net).



Get Fit Carrollton is a community-wide wellness initiative to promote a healthy lifestyle among Carrollton residents. The program helps residents discover new opportunities for fitness in Carrollton recreation centers, through fun and effective fitness classes, at City parks, and on Carrollton's ever-expanding Trails systems. Participants are offered healthy recipes and fitness tips by trained professionals who teach fitness classes right here in Carrollton. The City has also partnered with Loselt!, an app that keeps track of the foods you eat and the energy you expend through different workouts to help you reach your goal.