



GET FIT! CARROLLTON

April-June 2014

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

REGISTER NOW FOR THE CARROLLTON TRAILS 5K AND 1 MILE FUN RUN/WALK

Are you an experienced runner looking for a competitive 5K where you can beat your personal record, or are you looking to participate in your first 5K? The Carrollton Trails 5K course is a down-hill race on Carrollton's beautiful trails system that is perfect for experienced and novice runners alike.

Pre-registration by Sunday, April 27 guarantees you a Carrollton Trails 5K T-shirt, participant bag, and timing chip. Packet pick up will be Wednesday, April 30 through Friday, May 2 from noon-9 p.m. at Rosemeade Recreation Center (1330 Rosemeade Parkway).

Residents, non-residents, and registered pets are eligible to win awards given to the top three finishers of each category. For more information, visit cityofcarrollton.com/carrolltontrails5k.



SNACK REPLACEMENTS

One of the biggest challenges to losing weight is finding healthy snacks that taste good. It is always tempting to reach for cookies or ice cream, but is it worth it? Gail Marshall, one of Carrollton's personal trainers and instructors, mentions that every time we eat simple carbs (sugars, sweets, etc.); we are simply slowing down the fat burning process. Here are a few ideas for health conscious substitutes: Try Greek yogurt which contains less sugar, less sodium, and more protein than regular yogurt. Add your own fruits or berries for a tastier treat. Often times, the fruit that companies add to their yogurt contains high levels of sugar. If you are looking for a late night snack, try a pint of frozen desserts, such as frozen yogurt. Some frozen desserts contain less than 200 calories for the entire pint and are excellent sources of protein and fiber, but make sure you check the label first.



WATER

One of the number one weight loss tips consistently offered by doctors, nutritionists, and fitness experts: Drink more water! Why is water so good for you? Up to 60 percent of the human adult body is water. It's in every cell, tissue, and organ. We lose water through every day functions, and it is important to replace it. Sodas, energy drinks, and certain coffees contain empty calories that offer no benefit. Drinking water will keep you full and take away the urge to consume that soda you may be craving. If you are looking for something with a little more flavor, try infused water. You can add fruits, mint, cucumber, or berries to your water; leave it in the refrigerator overnight, and enjoy the taste of refreshing flavored water the next day.



HUTTON BRANCH TRAIL

Have you heard about Carrollton's new trail? Hutton Branch Trail is divided into two sections, the Purple Trail and the Green Trail. Hutton Branch Purple Trail begins at East Jackson Road and Jamestown Lane, just east of City Hall. Walk, jog, run, bike, or skate along the paved trail from Steenson Park (2050 E. Jackson Road) all the way to the Purple Trail at Kelly Boulevard. Hutton Branch Green Trail runs from Josey Lane at Sherwood Lane, through Jimmy Porter Park. It continues along Hutton Branch Creek, through Josey Ranch Sports Complex, and ends at Denton Drive across the Downtown Carrollton DART station. Together, these newly paved trails are over 3.61 miles long. With paved concrete and lights throughout the trails, the Hutton Branch Trail offers safe and scenic routes for exercise. The City has also completed a 12-foot wide pedestrian bridge that crosses the Hutton Branch Creek near the Downtown Carrollton DART Station. The bridge allows for safer crossing and easy access to downtown businesses. Come check it out!



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 system. 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. For the latest news in fitness and nutrition, visit cityofcarrollton.com/getfitcarrollton regularly. To unsubscribe, [click here](#).