



## Mission Statement

The Batesville Parks and Recreation Department is committed to improving our community by providing high quality recreational programs, facilities that promote tourism, beautiful parks and opportunities to engage in a healthy lifestyle.

With the days getting longer and Springtime just around the corner we leap into March with a renewed sense of excitement!

***"The best time to start was yesterday. The next best time is now. Tomorrow you will wish you had started today"***

March is also the **National Nutrition Month**. The Batesville Community Center wants to help everyone to focus on the importance of making informed food choices, developing sound eating and physical activity habits.

Slightly more than half of Americans believe it's easier to do taxes than learn how to eat healthy, according to a recent survey by the International Food Information Council.

### 3 STEPS TO MAKING INFORMED FOOD CHOICES

Regular readers know that I'm pretty health conscious, especially when it comes to food choices. It's very important to me to provide healthy, nutritious meals for my family full of good things like protein, fiber, vitamins, and minerals, and at the same time minimize sugar, sodium, and unhealthy fats. With food allergies and sensitivities in the family, I have to be extra conscientious about the foods and products I buy. The best way to do all that? By reading through all the ingredients and checking the Nutrition Facts tables on every packaged food item I buy.

### AQUATIC'S CALENDAR

**WATER AEROBICS:** Morning Classes are offered M-F at 10 a.m. & 11 a.m. Evening Classes are offered T-TH at 6 p.m.

#### SWIM LESSONS:

Afternoon Sessions

M through TH Level 1 @ 4:30 p.m.

M through TH Level 2 @ 5:15 p.m.

**PRIVATE LESSONS:** Available all year round upon request!

**YOUTH SWIM TEAM:** Morning Practice T-TH-F from 5:45 a.m. to 7:30 a.m. & Afternoon Practice M through F from 3:45 p.m. to 6 p.m. Join us TODAY!

**MASTERS SWIM PROGRAM:** Practice M-W-F from 5:45 a.m. to 7:45 a.m. Join us TODAY!

**SPECIAL OLYMPICS SWIM TEAM:** Every Monday from 5 pm to 6 pm & Every Tuesday from 8:30 am to 9:30 am.

**March 19<sup>th</sup>** Water Safety for Whitewater Canoes and kayaks @ 6:30 pm.

**March 20-23** Scuba Certification Class

All the info you need to make informed food choices is right there on the label. When you're grocery shopping, you can easily compare the Nutrition Facts tables on two or more products to choose the item with the best nutritional profile to suit your family's needs. Just follow these three easy steps:

- **Step 1:** Start with the serving size to make sure you're comparing equal amounts.
- **Step 2:** Use the % Daily Value. A simple rule of thumb is that less than 5% DV is considered a little, more than 15% DV is a lot.
- **Step 3:** Look at a nutrient. Look for foods high in protein, fiber, vitamin A, calcium, and iron, and foods low in sugar, sodium, and trans fats.

### EAT HEALTHIER FOR FLU PREVENTION

When you think flu prevention, you might think of immunization first, but that's not the only tool we have for staying healthy. It's also important to wash your hands, get enough sleep, stay hydrated, stay active, and eat whole, nutritious foods to keep your immune system strong and able to fight off viruses throughout the cold and flu season.

1. Think **orange** when you're shopping in the produce section. Orange fruit like citrus, grapefruit, oranges, and mangoes are rich in vitamin C, and orange veggies like sweet potatoes, squash, carrots, and bell peppers (all colors) are high in vitamin A. Did you know that bell peppers are a better source of vitamin C than even oranges?
2. Legumes like beans and lentils provide fiber and zinc necessary for normal immune function, energy metabolism, and growth. For those of us who avoid beans or pulses, high-quality meats and seafood (especially shellfish) are also excellent sources of zinc, and many fruit and vegetables also provide fiber. Good sources include raspberries, blackberries, pears, apples, avocados, artichokes, peas, broccoli, and Brussels sprouts.
3. Nuts and seeds provide protein, fiber, and vitamin E, a dietary antioxidant that helps in the maintenance of good health. Almonds and hazelnuts are great sources of vitamin E, but limit portions to 1/4 cup.

### COMMUNITY CENTER CALENDAR

**MEN'S LEAGUE ADULT SOFTBALL** registration  
Open-March 15<sup>th</sup>

**WOMEN'S LEAGUE ADULT SOFTBALL**  
registration Open-March 15<sup>th</sup>

**YOUTH BASEBALL** registration Open-March 15<sup>th</sup>

**YOUTH COACH PITCH/T-BALL** Open-March  
29<sup>th</sup>

**YOUTH SOFTBALL** registration Open-March 1<sup>st</sup>

**USSSA BASEBALL TOURNAMENT:** White  
River Slugfest is March 21st and 22nd

4. Probiotics help moderate healthy immune function. You can find probiotics in yogurt (avoid added sugar) and in kefir (try adding kefir to your smoothies). If you don't eat dairy, you can find probiotics in non-dairy sources like kombucha, sauerkraut, or fermented products like tempeh. Getting probiotics from food instead of probiotic supplements allows you to reap the benefit of other nutrients in the food, like protein and calcium.
5. Protein is important for overall health and for building antibodies, so choose foods with plenty of protein like high-quality meats, seafood, eggs, milk, nuts, seeds, and legumes.

### **FUNNY JOKE OF THE MONTH**

When do you go at red and stop at green?  
- When you're eating a watermelon 😊

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### **HEALTHY TIPS OF THE MONTH**

#### **WASH YOUR HANDS**

To limit the spread of germs, wash your hands frequently throughout the day. Teach your kids how to wash their hands properly too: with soap and warm water for at least 20 seconds, scrubbing the front, back, between their fingers, and under their nails.

#### **AVOID PROCESSED JUNK FOOD (EAT REAL FOOD INSTEAD)**

Processed junk food is incredibly unhealthy.

These foods have been engineered to trigger your pleasure centers, so they trick your brain into overeating — even promoting food addiction in some people.

They're usually low in fiber, protein, and micronutrients but high in unhealthy ingredients like added sugar and refined grains. Thus, they provide mostly empty calories.