



**WEEK 1 - March 1<sup>st</sup> – March 7<sup>th</sup>**

**Redmond, Oregon RAPRD Activity Center to Merrill,  
Oregon – Miles 172 to travel**



**Welcome to the 2021 RAPRD Fitness Challenge.** We hope you love this fun event! You will be traveling south from Redmond to Merrill, Oregon a distance of 172 miles. Merrill is at 4,071 ft elevation in Klamath County on the Oregon-California border, so add a walk or a hike that will make you climb a bit this week. Merrill is a town of 844 (2010 census) and its main employers support agriculture business'. Mt. Shasta is visible from Merrill and the Lost River flows by the town.

**HEALTH TIP:** Since Merrill is an agricultural area, it is important to add whole grains into your diet daily. Dietary fiber is an essential portion of our diet and can possibly lower the risk of developing some diseases. Dietary fiber is the part of plant foods your body can't digest and absorb. Soluble fiber dissolves in water forming a gel-like material. It is found in oats, peas, beans, fruits and psyllium. Insoluble fiber is not digestible, increases stool bulk and passage through the intestines. It is found in; whole grain flour, bran, nuts and some vegetables. Only about 5% of American diets meet the minimum recommended daily intake of fiber. Recommended daily amounts: men under 50 years - 38 grams, women 25 grams; men over 50 years - 30 grams, women 21 grams. Jump start your day by choosing a high fiber breakfast cereal containing more than 5 grams per serving, add dried fruits or nuts, sprinkle on hemp or flax. Consume half of all grain intake with whole grains the first ingredient and over 2 grams dietary fiber. Add fiber rich foods to baked products; wheat germ, bran, oats, flax, chia or hemp. Substitute legumes for meat once a week. Eat 5 or more servings of fruits and veggies a day. Grab the family and make a plan how you can get your fiber grams this week.