

**RAPRD
SPRING 2021
FITNESS
CHALLENGE**

MARCH 1 - MAY 31, 2021

**WEEK 9 - April 26th – May 2nd
Waldport, Oregon to Dunes City, Oregon
63 Miles to travel!**



Dune City, Oregon

This week you will be traveling due south down highway 101, hugging the beautiful Oregon coastline all the way to Dunes City.

Now who could not want to visit and love a city whose motto is “It’s Simply Paradise!” Never been now I want to go! Dunes City is where the dunes meet Woahink and Siltcoos Lakes. It is in the heart of Oregon’s National Dunes Recreation area where you can fish, golf, sail or ride the dunes. The Oregon Dunes are part of the Siuslaw National Forest covering 40 miles along the coast, are the largest coastal dunes in North America. Dune recreation with a professional dune buggy guide is the way to go. You also have quiet nature trails with wildlife in abundance, fishing, sandboarding or sand sledding, stargazing and camping. The quiet, slow moving Siltcoos River is also a great place for canoeing or SUP’s. This moderate climate has a winter average temperature of 44 degrees and a summer average of 60 degrees.

HEALTH TIP: With so many outdoor recreational opportunities in this beautiful-wanna-be-outdoors area we’ll look at a general health matrix. How do you measure up with the American Heart Association’s *Life’s Simple 7*[®]? Heart disease is still the leading cause of death in Americans. *Life’s Simple 7*[®] is a health matrix for assessing cardiovascular health. Good scores on the matrix are linked with a lower likelihood of heart disease.

Body mass index is an estimation of body fat using your height and weight as measures. BMI is used as a measure of risk for; diabetes, heart disease, gallstones and some cancers. For more information:

www.nhlbi.nih.gov/health/educational/lose_wt/index.htm. **Smoking status** is simple – DON’T! Cigarette smokers have a higher risk of developing cardiovascular disease. **Increasing physical activity** has a positive impact on the length and quality of life. US Department of Health recommends 150 minutes of moderate aerobic activity per week or 75 minutes of vigorous activity. **Improve your diet**; eat better and work towards a health healthy approach to eating. Focus on low sodium, heart healthy fats, lean proteins, no added sugar and complex carbohydrates to make this score positive.

Fasting blood glucose levels within normal limits. High levels of glucose in the blood over time can damage the heart, kidneys, eyes and nerves. Fasting blood sugar should be under 100 mg/dl or less than 140 mg/dl two hours after eating. Elevated **blood pressure** is a major risk factor for heart disease and stroke. Having a blood pressure in normal range reduces the strain on the heart, vascular system and other organs. **Total blood cholesterol levels** contribute to clogging of the arteries and can lead to heart disease or stroke. Improving the scores of most of the other 6 points will also reduce cholesterol. Happy, healthy hearts for all...simple as 7.