

Brought to you by:  
Winooski Coalition  
for a Safe and  
Peaceful Community  
and the Department  
of Recreation and  
Community Wellness



Get Moving Winooski  
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## What's new at the YMCA:

Here are some things going on in Winooski. The new Biggest Loser 1 and 2 programs kicked off Monday, Jan 12. We have many groups throughout the day into the evening time in Winooski. People are changing their lives and getting active again or for the first time. YMCA personal trainers will help Biggest Loser participants reach all their fitness goals over the next couple of months.

One of our most popular group exercise classes in Winooski is Strive. This class is taught at noon on Mon, Wed, Fri and at 5:15 on Tues, Thurs. On Friday at noon we get class members ready for the weekend with a special Strive Survivor class. This class is fun and very intense. The class is split into teams at times who compete in different exercise events. Strive Survivor features Strive equipment along with free weights, cardio and activities in the gym.

A brand new class is a Spinning/Ripped/Core (Pilates) class. We spin for a song, then do a ripped portion which is light weight with lots of reps for a song and go back and forth for 45 to 50 min. The last 15 to 20 minutes is the core (Pilates). Our first evening class was sold out and we hope to repeat this again. The class runs Tuesday at Noon and Friday at 6:30.

We also run a 3 on 3 basketball league on Monday night from 7 to 9. Hope you can join us!

Check out [www.onioncity.com](http://www.onioncity.com) for tracking sheets, the Healthy Living Pledge, and other Get Moving information.

**Stop by the O'Brien Community Center to check the Get Moving bulletin board for tips, healthy recipes, Healthy Living pledges, and more!**

**You can even "Get Moving" while you're here: at the YMCA! For info, call 655-9622**

The Department of Recreation and Community Wellness is partnering with the YMCA, the Girl Scout Council, the Vermont Department of Health, the DREAM Program, WCSPC, the Winooski Family Center and Fletcher Allen Health Care to offer you more ways to GET MOVING in Winooski!



### FALL RAFFLE WINNERS:

**Sheryl Graves  
and**

**Marilyn Provost**

**Keep sending in your tracking sheets for chances to win next time!**

Thanks,

Travis Gervais

Fitness Coordinator





**eat for  
health**



## Spicy Chicken Soup

*A recipe from Winooski Family Center's FIT WIC program  
(A partner of Get Moving Winooski)*

### INGREDIENTS:

- 2 quarts water
- 8 skinless, boneless chicken breast halves
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 2 tablespoons dried parsley
- 1 tablespoon onion powder
- 5 cubes chicken bouillon
- 3 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 (16 ounce) jar chunky salsa
- 2 (14.5 ounce) cans peeled and diced tomatoes
- 1 (14.5 ounce) can whole peeled tomatoes
- 1 (10.75 ounce) can condensed tomato soup
- 3 tablespoons chili powder
- 1 (15 ounce) pkg whole kernel corn, frozen
- 2 (16 ounce) cans chili beans, undrained
- 1 (8 ounce) container light sour cream

### DIRECTIONS:

In a large pot over medium heat, combine water, chicken, salt, pepper, garlic powder, parsley, onion powder and bouillon cubes. Bring to a boil, then reduce heat and simmer 1 hour, or until chicken juices run clear. Remove chicken, reserve broth. Shred chicken.

In a large pot over medium heat, cook onion and garlic in olive oil until slightly browned. Stir in salsa, diced tomatoes, whole tomatoes, tomato soup, chili powder, corn, chili beans, sour cream, shredded chicken and 5 cups broth. Simmer 30 minutes.

Tortilla chips and cheese make a great topping to this



**Become a Member at Winooski  
YMCA! Call 655-YMCA  
Hours: Mon—Friday: 6am to 9pm  
Sat/Sun: 7am to 5pm**

**Check out our Family  
Programs! Contact Stacia Judd at  
862-8993 ext 145.**

**DID YOU KNOW:  
The YMCA offers "Membership for  
All" Pay on a sliding-scale based  
on your income.  
Ask about it at the desk.**

### **Healthier Living Workshops**

**Do you have a chronic condition that is affecting your life?** Change your life for the better! Come join a **Healthier Living Workshop**. The Healthier Living Workshop is for individuals living with a chronic condition such as diabetes, arthritis, osteoporosis, and asthma. Learn new skills and tools so you can **live better** every day.

The workshop meets once a week for six weeks. Caregivers and family members are also welcome to attend. **Please call 847-2278 for information and to sign up.** Or, call Sr. Pat at 847-6534. Workshops will be offered in April at the O'Brien Community Center. Workshops are free and have been proven beneficial to many.

## **Winooski is moving!**

*Join the movement to get 30 minutes of exercise a day at least five days a week  
(start at a level you are comfortable with and work your way up).*

**You can do it! It's that easy! Start today!**

# Get Moving, Vermont!

Are you more active than a Vermont Farmer?  
Log on to [www.Getmoving.vermont.gov](http://www.Getmoving.vermont.gov) to find out!

Get Moving, Vermont! is the state-wide program that Get Moving, Winooski! comes from. It is now available online!

**Check it out and sign up at [www.Getmoving.vermont.gov](http://www.Getmoving.vermont.gov)**

- Online tracking of daily physical activity
- Teams! (Family, colleagues, friends, community members) can be set up
- A twelve-week state "challenge" (First one begins Oct 6)
- The ability to create and share personal maps of walking/biking/jogging routes
- Prizes!

## Take the Healthy Living Pledge!

Pledge to "get moving" and get a FREE pedometer! You'll also be automatically entered to win a monthly prize drawing!

Get Moving Winooski is a community wide program that can help you and your family set goals to be active 30 minutes a day for five days a week.

Get free pens, bumper stickers, and water bottles when you turn in your sheets.

Winooski's Department of Recreation and Community Wellness is partnering with the YMCA, the Girl Scout Council, the Family Center and Fletcher Allen Health Care to offer you more ways to get moving in Winooski!

Find more information at: [www.onioncity.com](http://www.onioncity.com).



### It's free!

Participants receive regular updates about events, are entered into monthly raffles, and stay connected with the Get Moving Winooski community!

Name (age): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Address: \_\_\_\_\_

E-mail/

If you haven't already...

**Sign up now for  
Get Moving Winooski**

*Sign up with the whole family!*

Return to:  
Get Moving Winooski!  
Attn: Megan McLaughlin  
27 West Allen Street  
Winooski, VT 05404

Promoting a substance abuse and violence free community.