

Facility of the Month

Congratulations to TAS Academy for being T.O.U.C.H.E.D. facility of the month. A special thank you to Mr. Benjamin for participating in our 5K Walk/Run. We'll see you soon with your award.



Mr. Benjamin and Ms. Cherry getting refreshments after their walk.

A Word from the Director

Hello to All,

I hope that you are all well. This week I would like to discuss our T.O.U.C.H.E.D. Community Move Events. Let me first reiterate that fact that we hold these free monthly events specifically for the students and their parents from the schools and after school sites that participate in the T.O.U.C.H.E.D. program. We do however invite the community to take part in these events as well because we are advocates of health and wellness, so we want everyone to have access to the message that we are attempting to convey. My issue is that in most cases thus far, we have more community involvement at these events than from our T.O.U.C.H.E.D. facilities. I must say that it was very disheartening to see the very low turnout for our 5k run/walk last weekend. From the 11 sites that we have on roster, we had one person from TAS Academy to come out to support our cause.

My T.O.U.C.H.E.D. team works very hard to pull off these events each month and it's a big let down for us when no one shows up. Are we not doing our job to get the word out to you in a timely fashion? Please let me know your thoughts. Again, these events are for you guys. We are very open-minded and welcome any suggestions pertaining to our events and the program as a whole. If you have any suggestions, comments, or even criticisms, please feel free to contact me.

JD Davis
Program Director
jddavis@genesisproject1.org

Your Children are on Facebook



Your children, the site facilitators, and the T.O.U.C.H.E.D. staff have been having a lot fun over the past few months. We all have been introduced to new games and activities to keep us moving, nutrition education so they learn the foods that keep them healthy and strong, and new fruits and veggies each week. Those of you that have not "friended" us on Facebook are missing out. There are pictures of your kids becoming T.O.U.C.H.E.D. Champions, videos, upcoming events, and reminders. Please look for TOUCHED PE and become a Friend or TOUCHED Physical Education and become a Fan. Once you have done this, please identify yourself to me as a T.O.U.C.H.E.D. parent or facilitator.

THANK YOU!!!

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The next T.O.U.C.H.E.D. Community Move Event
presents

Save the Date
a Taste of T.O.U.C.H.E.D.
gets
a Taste of Heaven *with Chef Kevin Robinson*

Come experience a live demonstration
of a healthier way to prepare meals
and still keep a Heavenly flavor.
FREE
(RSVP is a must due to limited seating)

When: Saturday, October 19th, 2013
Time: 1pm to 3pm
Where: JA Cuthbertson Family Life Center
517 Baldwin Avenue
Charlotte, NC 28204

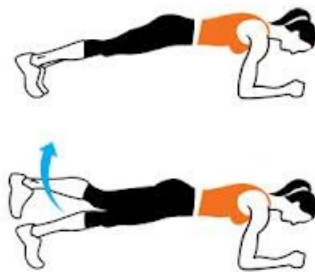
For more information and/or
RSVP contact:
Ms. Azizah Hawkins
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Exercise of the Week

Reverse Leg Lifts

Stand on your right leg, knee slightly bent. Hinge forward from the hips until your left leg and upper body are parallel to the ground. You should feel a slight stretch in your right hamstring. From here, slowly lift and lower your left leg 1 inch. Keep your core engaged and a slight bend in right leg the entire time. Do 30 reps on each side.



Another option

WHAT IT DOES: Lengthen your legs and tone your glutes, while engaging your stomach and core for all-over strength

Fruit of the Week

Oranges

Nutrients in oranges are plentiful and diverse. The fruit is low in calories, contains no saturated fats or cholesterol, but is rich in dietary fiber, pectin, which is very effective in persons with excess body weight. Pectin, by its action as a bulk laxative, helps to protect the mucous membrane of the colon by decreasing its exposure time to toxic substances as well as by binding to cancer-causing chemicals in the colon. Pectin has also been shown to reduce blood cholesterol levels by decreasing its re-absorption in the colon by binding to bile acids in the colon.



Oranges, like other citrus fruits, is an excellent source of vitamin C (provides 53.2 mg per 100 g, about 90% of DRI); Vitamin C is a powerful natural antioxidant. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the blood. Orange fruit also contains a very good amount of minerals like potassium and calcium. Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure through countering sodium actions.