

The Sisterhood Newsletter

Issue 2.13 ~ February 9th/2013



Keeping you in the loop of the
'going ons' at Sole Sisters!

By Mena... Your Mother Sister☺



Notes from the Clinic

This Week's theme focused on the health benefits of physical activity and exercise!

So you signed up, we have done our best to get you set up... we have chatted about personal safety and being physically safe while on the road and trails... but have we sold you yet on the whole idea that physical activity is good for you?

I like to think that the Sole Sisters environment pushes the motivation button and triggers inspiration...

To top it off, a quick read through any research around physical activity correlating positive health can quickly send heading to a shoe store and get you moving!

"real sisters" lending a hand, Nicole and Christine.





Our Guest Speaker this week was also our Sole Sister Leader of the week. Dr. Karen Strange is a Health Promotion Consultant and Researcher who specializes in physical activity and healthy eating where we live, learn, work and play. A busy mom of three AND a Sole Sister since 2009

Some facts and figures from Karen

Benefits of Physical Activity CAN Reduce Your Risk of:

- Cardiovascular disease
- Metabolic syndrome (combination of high blood pressure, low HDL cholesterol, high triglycerides, high blood sugars, abdominal fat)
- Type 2 Diabetes
- Breast and Colon Cancer (endometrial & lung cancer)
- Bone density loss/hip fractures
- Functional limitations
- Depression

To achieve health benefits, adults aged 18-64 years are recommended to:

- Accumulate at least **150 minutes** of moderate- to vigorous-intensity **aerobic** physical activity per week, in bouts of 10 minutes or more.
- It is also beneficial to add muscle and bone **strengthening activities** using major muscle groups, at **least 2 days per week**. More daily physical activity provides greater health benefits.



More Sole Notes from Karen...

The Canadian Sedentary Behaviour Guidelines for 5-17 years recommends:

- Minimize time spent sedentary everyday. Can be achieved by:
 - Limiting recreational screen time – no more than 2 hours per day
 - Limiting sedentary (motorized) transport, extended sitting and time spent indoors throughout the day

The Canada's Physical Activity Guides for Children/Youth recommend:

- Accumulate at least 60 minutes of moderate-to-vigorous-intensity physical activity daily
- Include:
 - Vigorous intensity activities 3 days per week
 - Activities that strengthen muscle/bone 3 days per week



Are easy choices healthy choices?

Event NEWS:



The Esquimalt 5k – March 16th

<http://www.esquimalt.ca/parksRecreation/specialEvents/5kmFunRunWalk.aspx>

Click on register NOW... If you CAN register by February 10th, you will be able to take advantage of a special rate for clinic participants. Select the “Military 5k” option – YES, this is the agreed upon bonus with the race directors that Sole Sisters will also receive! As you go through the screens you will also find a team option – there are only a few teams to choose from – finding SOLE SISTERS VICTORIA is easy ☺.

TC 10k event- April 28th

<http://www.tc10k.ca/registration/>

Select the 3rd option – Individual Team Registration and when you arrive to the registration information page and have an opportunity to select a team... you will see we are right near the top listed as: 2013 Sole Sisters Victoria. YES you and your family members are welcome to join our team. PLEASE NOTE: To be on the team... and receive a race event shirt that has the Sole Sisters name and logo on it, you must register by March 23rd! They are very sticky with this... AND OF COURSE we want YOU on the team! Thank you!

Calling All Goddesses!

2nd Annual RUN VICTORIA GODDESS

Sponsored by: SKM, IOKM, 1/2 MARATHON

Presented by: 98.5 OCEAN

Sunday, June 2nd, 2013

IN SUPPORT OF 3 LOCAL CHARITIES

Featuring:

- Designer Sporty Jewels Pendant Necklaces
- Draw Prizes & KidsZone
- Race Expo & Package Pick Up
- Brunch & Seminar Technical Start

Sponsored by: CHEK, 3034, LOOKS, SPORXY, IOKM, SKM, 1/2 MARATHON, 98.5 OCEAN, VICTORIA GIRLS' CLUB, VICTORIA YOUTH SERVICES, VICTORIA HOCKEY CLUB, VICTORIA SOCCER CLUB, VICTORIA TENNIS CLUB, VICTORIA BASKETBALL CLUB, VICTORIA RUGBY CLUB, VICTORIA GOLF CLUB, VICTORIA SWIMMING CLUB, VICTORIA CYCLING CLUB, VICTORIA BOWLING CLUB, VICTORIA CHESS CLUB, VICTORIA GARDENING CLUB, VICTORIA FISHING CLUB, VICTORIA HUNTING CLUB, VICTORIA HORSEBACK RIDING CLUB, VICTORIA JUDO CLUB, VICTORIA KARATE CLUB, VICTORIA KUNG FU CLUB, VICTORIA MOUNTAIN BIKING CLUB, VICTORIA ROLLER SKATING CLUB, VICTORIA TABLE TENNIS CLUB, VICTORIA VOLLEYBALL CLUB, VICTORIA WATER POLO CLUB, VICTORIA WRESTLING CLUB, VICTORIA YOGA CLUB, VICTORIA ZUMBA CLUB.

www.victoriagoddess.com

The Goddess Event 10k or Half Marathon June 2nd

<http://victoriagoddess.com/registration/>
Hey Sole Sisters...

Let's keep our “crowns” on as 2012 Champs for the largest team! Register on the 2013 Sole Sisters Victoria team and let your Sole Sister Goddess Shine! This unique event will leave each of you feeling like a princess.... It is AMAZING! Thank you Goddess Event staff!



Mini Soles...



Details for Mini Soles #2

- When?** Sunday, February 10th, 2013
- Where?** Meet at the bottom of Grange Road hill that runs off of Burnside Road West - at the entrance into the Marigold school driveway
- Time?** We will meet at 1:00pm for approx. 45 minutes after all said and done☺.
- Why?** To enjoy some recreational fun and movement with our kids! YES we will do a fun walk/run approx. 1.2 kilometres in distance.
- Wear?** Your running shoes and comfortable clothing... What goes on? We meet warm-up, walk and run, rest & recover and return to everyday life!
- Who?** Children, grandchildren, nieces, nephews etc... of Sole Sisters☺... and 'yes please' big kid Sole Sisters & Brothers are asked to stay! Let's cheer on the kids and move along with them.
- NEW 4 2013:** We are welcoming our HELP FILL a DREAM team members to participate in Mini Soles. The perfect fit with our CUBS program as they have supported many of them too☺! If your mini sole would like to participate in the TC kids 1.5k event... please register your Mini Sole on the Help Fill a DREAM TEAM!
- Extra?** Please encourage each child to bring a quarter for our CUB FUND! Every quarter counts☺!

Mini Soles is a FREE informal event... promoting family fitness fun!
Our "mini soles" clinic (yes they play and run while you do too☺) happens every Tuesday night during the clinic – let me know if you have a mini sole that is coming☺!



Meet our Cub Cassidy



Quarters 4 Cubs

Every step really can count...we also know it adds up! We introduced our 2013 cub this week... 11 year old Cassidy. Recently diagnosed with ALL, acute lymphoblastic leukemia.

This family of 5 is no stranger to challenges, with a house presently not "liveable" due to the discovery of mold, Cassidy who has Down Syndrome is living with her mom, dad and younger sibling at Ronald McDonald House while in treatment at BC Children's Hospital. Sole Sisters are proud to be able to help out this family in any way we can...one step at a time...

Quarters to date:

Clinic night #1:	\$69.53
Mini Soles #1:	\$3.00
Clinic night #2:	\$86.02
Clinic night #3:	\$92.03
Total to date:	\$158.55



Footnotes

- There really are so many ways to give... with the challenge of “paying it forward” or “giving it back” this week... here are some more options of how you can participate☺!

Sole Sisters has their own blood bank... well “so to speak”... yes we all have it in us to give... but if you are a Sole Sister who donates blood or would like to begin to...

Your Partner ID is SOLE012739 Start saving lives now by encouraging your team to register online as Partners for Life members at: www.blood.ca/partnersforlife 1 888 2 donate



- Do you have an old handbag bags/purses/man bags collecting dust in your closet? Check out this unique fundraiser and drop off your extra ‘baggage’ this week to the Sole Sisters Clinic and we will proudly donate them. All in support of Children’s Hospital.



“LIKE” Handbags for Hope event on Facebook, happening Feb. 22nd.

- Penny for your thoughts... pennies for our cub! The Sole Sisters Jessica has come up with a great idea to support our Cub... Please bring your pennies to clinic night at deposit them in our penny pouch. Our keeper of the pennies will keep track of how many a penny we come up with to go towards Cub Cassidy’s Sole Sisters Cub Fund!



Footnotes

- **Homework** times and dates this week: Yes the usual routine is Thursday nights meeting at Colquitz School at 6:30pm and Sunday mornings at 8am at Beaver Lake at the gravel parking lot by the picnic shelter. PLEASE NOTE: Beginning in WEEK 7, there are some changes in the homework start time on Sunday mornings to accommodate the half marathon long runs and walks... do not worry – we will keep you informed or of course please reference your Sole Sisters Manual. Most importantly PLEASE REMEMBER: Homework groups are for every level, discipline and sole sister smile☺!



26 sisters and a sole dog at homework on Thursday night!

- The Sole Sisters Swag Store is open during each clinic night – you can also order online at <http://www.solesistersvictoria.com/storefront/> Your clinic shirt will arrive for you in time for our first event in Week 8.
- Do you love prizes... ? If you are able to contribute to our prize box... Please do and THANK YOU! THANK YOU to those of you who have already snuck some goodies into my prize box☺!

- **Have your LOST IT?**

My collection is getting bigger – to date I have the following options left behind from clinic nights:

Black/great Contigo 24oz water container

Bright yellow Brooks reflective band

Cozy knit red/brown toque

The lost and found bag sits at the front table for ins and outs☺.



Footnotes

- Similar to the implemented nurses health line “PAL”, the Physical Activity Line, please call **Toll Free Number: 1-877-725-1149** or go to www.physicalactivityline.com.

“The Physical Activity Line is British Columbia's primary physical activity counselling service & your FREE resource for practical & trusted physical activity & healthy living information. Our mission is to improve your health through physical activity tailored to your needs & lifestyle.”



- **THIS WEEK at the clinic...**
DON'T forget... to wear your RED in celebration of the **GO RED FOR WOMEN** campaign to help raise awareness about women's #1 killer. Yes, Carolyn Thomas will be visiting our clinic to talk about **HEART HEALTH** just in time for Valentine's Day!
- *Lastly... Please remember... Be grateful for every moment you experience... and hold those moments for longer if you wish and let them go if they have bogged you down... as it simply is only a moment that you will experience them... how long you hold on to them for – is up to you 😊.*

*Looking forward to seeing each of you on Tuesday...
I will close in saying... officially for the first time ever...
Happy Family Day!*





...because
i CAN