

# The Recreational Reader

Truro Recreation & Beach Department

February 2019

## February is National Heart Month Check out the links for more information.

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**BELL FOUR TIPS**  
to Help Strengthen Your Heart

**DO MORE CARDIO**

- CARDIO STANDS FOR CARDIOVASCULAR EXERCISE WHICH WORKS TO STRENGTHEN YOUR HEART MUSCLES.
- WALKING, JOGGING, AND RUNNING ALL HELP BUILD CARDIOVASCULAR HEALTH.
- INTERVAL TRAINING AT INFREQUENT TIMES WORKS YOUR HEART MORE THAN A STEADY PACE.
- JUST 30 MINUTES A DAY OF CARDIOVASCULAR EXERCISE IS A GREAT START TO IMPROVING YOUR HEART HEALTH.

**STOP SMOKING**

- 20 MINUTES AFTER YOUR LAST CIGARETTE YOUR BLOOD PRESSURE AND PULSE RETURN TO NORMAL.
- 18% OF ANNUAL DEATHS IN AMERICA ARE SMOKING RELATED ACCORDING TO A 2014 STUDY BY THE AMERICAN HEART ASSOCIATION.
- THE RISK OF STROKES IS HIGHER IN SMOKERS AS THEIR BLOOD PRESSURE AND CHOLESTEROL TEMPORARILY INCREASE WITH EACH CIGARETTE.

**MANAGE YOUR STRESS**

- DON'T JUST COPE WITH YOUR STRESS -- POSITIVE THINKING AND LIGHT EXERCISE ARE 2 WAYS TO HELP DEAL WITH AND MANAGE YOUR STRESS.
- WHEN STRESSED, YOUR BODY RELEASES ADRENALINE, A HORMONE THAT TEMPORARILY CAUSES YOUR BREATHING AND HEART RATE TO SPEED UP AND YOUR BLOOD PRESSURE TO RISE.
- SOME PEOPLE WITH HIGH LEVELS OF STRESS MAY HAVE HIGHER BLOOD PRESSURE, CHOLESTEROL OR ARE MORE PRONE TO DEVELOPING ATHEROSCLEROSIS.

**HAVE A BALANCED DIET**

- A DIET HIGH IN SATURATED AND TRANS-FATS LEAD TO HIGH CHOLESTEROL LEVELS.
- UNSATURATED FATS AND POLYUNSATURATED FATS ARE BENEFICIAL FOR YOUR HEART HEALTH AND CAN BE FOUND IN FISH, NUTS, SEEDS AND VEGETABLES.
- OMEGA-3 FATTY ACIDS CAN DECREASE THE RISK OF ARRHYTHMIAS (ABNORMAL HEARTBEATS), WHICH CAN LEAD TO SUDDEN DEATH.

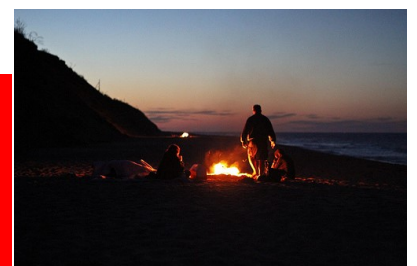


This month, try one of our programs to improve your heart health, not “tomorrow” but today! We offer Pickle Ball, Volleyball, Zumba, and Indoor Soccer. Any suggestions for more ways to kick start your heart, email Erica Nunes at [enunes@truro-ma.gov](mailto:enunes@truro-ma.gov). After all, summer bodies are made in the winter.

Our Pumas have been training hard with Coach Jackson. They had their first of four home games on Wed. Jan. 30th, against Harwich. They communicated well, ran fast and passed like champs. We are so proud.



**FOR ALL BEACH FIRE PERMITS AFTER SEPTEMBER 5TH, PLEASE VISIT THE FIRE DEPARTMENT AFTER 4PM. PERMITS ARE AVAILABLE ON FIRST COME FIRST SERVE BASIS FOR THE DAY OF.**



# Sports Parent Pledge

Dear Parents:

We're excited to share with you an opportunity to take part in a new initiative offered by the National Alliance for Youth Sports. Their new Sports Parent Pledge will give lots of resources and advice to help make this season fun for your child and the whole family!

It's completely free to participate. All you have to do is go to [www.nays.org/sportsparentpledge](http://www.nays.org/sportsparentpledge) to sign up. Each week, for six weeks, you'll get an email focusing on topics sports parents often face (like working with coaches, health and safety resources, etc.). Even though the pledge emails will only last for six weeks, they're full of information you can use for as long as your family is a part of our program and beyond!

We encourage you to check out [www.nays.org/sportsparentpledge](http://www.nays.org/sportsparentpledge) today and become a part of the Sports Parent Pledge movement! Make sure to tell them that Truro Recreation sent you!



Take the pledge to  
**KEEP YOUTH  
SPORTS  
POSITIVE!**

## Adult Coed Indoor Soccer

(age 40+)

Tuesdays 6:00pm-8:00pm  
Thursdays 6:00pm-8:00pm

Drop-In  
Free

Truro Central School  
317 Route 6, N. Truro

For more info.  
Contact Todd Schwebel, Coordinator

[rtschwebel@gmail.com](mailto:rtschwebel@gmail.com)

## Community Pickleball

Monday  
6:00pm - 8:00pm  
Saturday  
10:30am - 1:30pm

Drop-In  
Free

Truro Community Center  
7 Standish Way, N. Truro

For more info.  
Contact Judy Linen, Coordinator

[jlinen45@gmail.com](mailto:jlinen45@gmail.com)

## Community Volleyball

Wednesdays 6:30pm-9:30pm

Drop-In  
Free

Truro Community Center  
7 Standish Way, N. Truro

For more info.  
Contact Brian Dunne, Coordinator

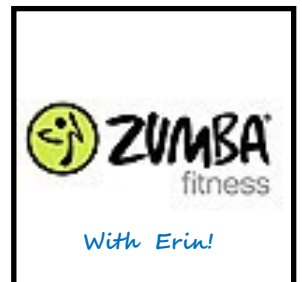
[bdunne2000@hotmail.com](mailto:bdunne2000@hotmail.com)



### Truro Community Center

Tuesday	8:30am - 9:30am	Naya
Thursday	8:30am - 9:30am	Naya
Saturday	9:00am - 10:00am	Erin

Email Naya and Erin with any questions:  
[naya.bricher@gmail.com](mailto:naya.bricher@gmail.com) and [esilva1@comcast.net](mailto:esilva1@comcast.net)



# Pamet After-School

The Pamet After School program is a state licensed after-school program serving children ages 5-12, who reside in Truro or attend Truro Central School. Families of all abilities, races, gender, sexual orientations, religions, and socio-economic status are welcome. P.A.S. is a safe, supervised environment for children to learn and grow. The program operates every day that Truro Central School is in session, including half days. Participants are bused from Truro Central School at the end of the school day to the Truro Community Center.

For more info. Call (508) 487-1632

Program Supervisor: Nola Glatzel

Assistant Program Supervisor: Alex Cowing



## PRE-REGISTRATION REQUIRED

Registration packets  
required prior to  
attending

**Mon - Fri**  
**3pm - 5:30pm**  
\*\$6/day  
(pre-registration required)

**12pm - 5:30pm**  
**(half days)**  
\*\*\$10/day  
(pre-registration required)

**Truro Community Center**

\*\$8/day if registered the day of.  
\*\*\$12/day if registered the day of.

## Truro Walking Club

### With Coordinator Bob Lowe

**Stay tuned for more walks in 2019;  
we are taking a break for now!  
Enjoy the winter wonderland  
that is Cape Cod.**

**Email Bob Lowe with any questions:  
bflowe.1961@yahoo.com**

**But get out there anyway, there are so many  
beautiful beaches and protected trails to enjoy!**

*Schedule subject to change. Check online for updates.*  
[www.truro-ma.gov/recreation-beach-department](http://www.truro-ma.gov/recreation-beach-department)



## Walking in Nature and Heart Health

Alex is one of our staff members who surely understands the benefits of walking in nature. He leads our Summer Rec Youth Program Participants on regular hikes during the program. This year there will be new exciting locations and a continued emphasis on the importance of participating in a healthy lifestyle. Click the image below to read about all the ways that walking in nature can improve your health.





RECREATION & BEACH DEPARTMENT

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Visit us on the web!  
[www.truro-ma.gov/recreation-beach-department](http://www.truro-ma.gov/recreation-beach-department)

*"Committed to Community"*



The Truro Recreation & Beach Department provides the residents and visitors of Truro with healthy, beneficial programs year round.

The Recreation Department is located in the Truro Community Center and consists of an administrative office, a recreation lounge, an all-purpose auditorium, and the Puma Park Playground.

# Upcoming EVENTS

Community Lunch at  
Truro Community Center

P.A.S Art Show at  
Truro Public Library  
Feb. 8th

February Vacation Youth Program  
Registration **Deadline Feb. 5th**

The Truro Recreation & Beach Department  
wants to hear from you!

Got an idea or a suggestion? Get in touch with us!

Phone: (508) 487-1632

[www.truro-ma.gov/recreation-beach-department](http://www.truro-ma.gov/recreation-beach-department)

Connect with us:



## Become A Team Sponsor

We would like to invite you to be a part of the youth sports experience in Truro. Sponsor a youth sports team and have your company's logo placed on their uniform and receive recognition through our social media, web site and game programs. To become a sponsor contact, Damion Clements at [dclements@truro-ma.gov](mailto:dclements@truro-ma.gov) or call (508) 487-1632

