

# The Tolland Buzz



## Getting Active With A Buddy

Many of us have read the Centers for Disease Control and Prevention recommendations that adults get 150 minutes of brisk physical activity a week and strengthen training twice a week. Finding the motivation to be physically active can be hard. "Only half of adults get the physical activity they need to help reduce and prevent chronic diseases" ([CDC](#)). Sometimes having a friend to work out with can help you get or stay motivated

Why workout with someone? Having someone to workout with provides motivation, helps to make you more consistent, and try new things. It also provides you with positive social interaction which can boost your mood and health.

It is important to find a buddy who is right for you. Look for someone with the same goals, schedule, and commitment you have. Someone who makes you feel positive and inspires you to hit the trail or treadmill on a regular basis.

Exercising with a buddy also helps to keep you safe. A friend can provide you with help with a flat tire, a cramp,

or first aide. A buddy can also help with a [tick](#) check after an outdoor adventure.

### ACTIVITIES YOU CAN DO WITH A BUDDY

- **Take a talk and walk**, walking and chatting can make the time go by quickly.
- **Take an exercise class** together, whether it be a dance/exercise class, a yoga class, or spin class.
- **Swimming outside** together can be fun and safer then alone.
- **Resistance training.** A buddy can spot you and cheer you on.
- Kayaking or paddle boarding together at one of the many local lakes and ponds. If you don't have a kayak here are some local areas



that rent them: [Willington](#), [Bolton](#), and [Mansfield](#)

- Try pickleball with a friend in Ashford or one of the other local areas: [Playtime Scheduler](#)
- Try new hiking trails. There are many opportunities to hike in the Eastern Highlands Area and throughout Connecticut. You can find a list of trails at [CT Department of Energy and Environmental Protection](#)
- Biking with a partner is a great way to stay active and safe as you watch out for one another. Find bike routes: [Bike Mansfield](#), [Coventry Bike Routes Map](#),
- Sign-up for a race together. You can train together motivating each other to a personal best. [Find a race at HMF events](#)

Everyone can benefit from having an exercise buddy even if it isn't for every workout.

Source: [CDC](#), [NIH](#) and [Harvard School of Public Health](#)

## HAPPENINGS AROUND TOWN

[Tour de Mansfield](#), Saturday, June 3 in Mansfield. The John E. Jackman Tour de Mansfield offers a fun way to explore Mansfield's historic villages,\* scenic roads, and vibrant [downtown](#)! Choose from a selection of routes around town, all they begin and end at the Mansfield Community Center. Enjoy riding around Mansfield at your own pace, and build camaraderie with fellow cycling enthusiasts while sharing a group lunch following the rides.

[Summer Solstice Trail Run](#), Saturday, June 17, 2023 in Hebron. Celebrate the summer solstice with a beautiful early morning trail run in Gay City State Park with 3 race distances to choose from: 3 mile, 5 mile or 8 mile. The 8 Mile race is part of the 2023 Blue-Blazed Trail Running Series and the USATF-CT Mountain, Ultra and Trail (MUT) series — a competition for teams of 3 to run the trails with a chance to win prize money. Race participants earn a custom designed Happy Trails water bottle with an option to add on a Happy Trails tee.

[Pick Your Own](#). Pick Your Own season at Connecticut farms can run from strawberries and blueberries in May and June through apples & pumpkins in mid-fall. If you are able, check the farm website or call ahead before visiting a pick-your-own farm. Weather & climate conditions, rainfall, & other factors can cause normal harvest dates to shift. If you love fresh produce but are not up to the harvesting process, visit one of the many [farmers markets](#) in CT for fresh-grown fruits & vegetables.

**Getting out more? Check on the latest [Covid](#) info.**



## Be Well Updates:

Be Well Participants please fill out the [2023 Behavior and Interest Survey](#)

### [Cold Pea Salad](#)

#### Ingredients:

- 1 pound fresh green peas
- 1/4 cup chopped red onion
- 2 tablespoons dill pickle relish
- 1 hard cooked egg, chopped
- 1 large green or red pepper, chopped
- 1/4 cup low fat mayonnaise
- 1/2 cup shredded pepper jack or cheddar cheese



#### DIRECTIONS

In a medium bowl, combine peas, onion, relish, egg and pepper. Stir in mayonnaise and cheese. Chill at least two hours before serving. Enjoy!

## Plantar Fasciitis, a Common Heel Problem

Plantar fasciitis is inflammation of the band of tissue that runs across the bottom of the foot and heel connecting with the calf muscle. ([Mayo Clinic](#))

The [National Library on Medicine](#) reports that plantar fasciitis is “one of the most common orthopedic foot complaints”. This common condition causes sharp pain at the heel, along the bottom of the foot and sometimes at the Achilles tendon. The pain is often strongest when getting up after being off your feet for a long time.

#### Risk Factors

- New or increased activity
- Poor biomechanics or alignment
- Inadequate stretching
- Poor footwear
- Over pronation
- Obesity
- Flat feet

There are non-surgical and surgical treatments for the condition. If you have experiencing chronic heel pain consult a medical provider.

**There are things you can do at home to reduce the pain.**

- Ice. Icing your foot for 10 minutes using a frozen water bottle that you roll your foot on.
- Wear supportive shoes. Avoid flip-flops and walking barefoot, even inside.
- Stretching. Stretching the foot and calf can relief some of the pain. ([UCONN](#))

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from The CT Department of Health. The goal of the program is to make the healthy choice the easy choice.

