



## Meet the Trailblazers Trail Run/Walk Group

Whether you're stuck in a running rut, bored by your neighborhood routes or just plain hate the treadmill, it might be time to leave the road behind and head to the trails. And you won't be alone: More than 5.8 million runners around the country have already discovered an all-natural running high in the great outdoors. According to a recent Sports and Industry Fitness Association survey, trail running in the U.S. increased by more than eight percent from 2011 to 2012. But fresh air and tranquility are only a few of the reasons people are running away from the busy streets and into the wild woods.

The Partnership, in collaboration with the Lake Area Runners, hosted its first Trail Run/Walk on Sunday, September 13th. Over 30 people came out to support our very first trail run/walk. The Trailblazers meet every Sunday morning at 7:00 a.m. at Sam Houston Jones State Park located at 107 Sutherland Rd. in Moss Bluff.

Compared to hitting the pavement, trail running burns 10 percent more calories, while improving balance and agility. Runners get a tougher workout because the uneven terrain demands more lateral movements (think dodging branches and avoiding rocky patches) that keep the core engaged. Trail running also works different muscles with every step, while a shorter stride strengthens ankles and hips and reduces the impact on joints.

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### Partnership Hosts Booth at 1st Golden Nugget Health Fair

The Partnership had the great pleasure of hosting a booth at Golden Nugget Hotel and Casino's very first Health and Wellness Fair coordinated by Business Health Partners. Over 280 employees participated in this year's fair. There was lots of vendors that offered valuable information and more all geared towards helping them achieve a healthier lifestyle. The Partnership appreciates your contributions to the health and wellness of our community.

### The Partnership welcomes Roll Indoor Cycling to Eat Healthy SWLA

The Partnership welcomed Roll indoor Cycling to the Eat Healthy SWLA restaurant initiative at its quarterly meeting held on September 29th at Roll Indoor Cycling. Roll features some of the best, affordable, cold pressed juices in the Lake Area. "We are thrilled that they have joined the initiative. After analyzing all of their recipes everything fit our EH guidelines without having to modify a thing" says Shatonia McCarty, the program's Registered Dietician. Roll Indoor Cycling is the Lake Area's only fitness boutique and cycling studio and is an emporium of light, sound, and energy designed to transform your body from the inside out. Visit the studio located at 2801 Ryan St. in Lake Charles.

### Second Harvest Food Bank makes permanent stop at Oak Park Elementary School

Oak Park Elementary School became the first Calcasieu Parish School to receive a food bank thanks to Second Harvest of Greater New Orleans and Acadiana now no student will ever go hungry again! One in six households in Louisiana are at risk of hunger. Across our state and region, the rising cost of food, housing, and utilities, coupled with high unemployment and low-wage jobs have increased the need for emergency food assistance. Second Harvest Food Bank is leading the fight against hunger in South Louisiana by providing food access, advocacy, education, and disaster response. Second Harvest provides food to 474 partners and programs across 23 parishes. Oak Park Elementary is need of volunteers next Thursday, October 8th to help distribute food to the parents of enrolled students.



### The Trailblazers and Lake Area Runners take on Chicot State Park

This Saturday, October 3, 2015 at 10:00 a.m. we will meet at Chicot State Park in Ville Platte, La for a trail run/walk for anyone interested in attending. We will meet up at the Splash Pad area near the



South Landing Camping Area. Chico State Park is beautiful. It covers over 6,400 acres of rolling hills and water in South Central Louisiana. An extensive hiking/backpacking trail completely encircles Lake Chicot.



**KISS Project**

**Keep it Simple Saints**

## Fun Facts

37.3 % Obesity Rate  
in Calcasieu Parish

371 Text for Health  
Campaign Subscribers

955 Likes on Face-  
book

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## Upcoming Events/Volunteer Opportunities

**Chicot State Park Trail Run/Walk 10/3/15 10:00 a.m.**

Do you enjoy running, walking, or biking? Join us for an out of town run/walk at Chicot State Park located at 3469 Chicot Park Rd, Ville Platte, LA

**Cash and Carry Farmer's Market every Tuesday 4p.m.– 6p.m.**

The Cash and Carry Farmer's Market seems to grow every week. They've added a ton of new vendors . Wonderful market with wonderful people and lots of homemade goodies. Everything from smoothies, fresh bread , butter, and milk, and lots and lots of fresh produce. Support local and the market will continue to grow!

**Phillips 66 Health and Wellness Fair 10/7 6a.m.-11 a.m.**

The Partnership has been invited to participate in Phillips 66 Health and Wellness Fair to be held at 2200 Old Spanish Trail Road, Westlake, LA 70669.

**Sowela Health Fair– Speaker Requested 10/14/15 10:00 a.m. 12:00 p.m.**

In an effort to not only educate students on the benefits of academics, they also want them to understand the importance of health and wellness.



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