



Helping People,  
Building Community

For the week of January 14, 2008

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### **Recreation as a Time to Re-Create**

Leisure time is precious. One of my professors used to say recreation was not just a time to relax, but a time to “re-create.” It is a time to rejuvenate one’s self, to renew the body, mind and spirit. I think we could all use a little nudge to set down the remote, log off the laptop, and take a nice, brisk walk around the neighborhood. Exercise can help the body energize and revive itself. Adults are recommended to get at least 30 minutes of aerobic exercise three times per week, and children over 5 are advised to get at least one hour of aerobic activity five times per week. If you don’t like going to the gym, there are lots of fun ways to integrate exercise into your family’s daily routine. Bike to the beach, visit a neighborhood park, take walks after dinner, explore a new part of town, take a dance or a martial arts class...and let’s not forget the all popular basketball leagues. I am thankful that the JA community has such active basketball leagues, especially for young folks. If we could get excited about other physical activities in the same way, I foresee a whole lot more “re-creating” ahead.

During the months of January and February, the Little Tokyo Service Center (LTSC) will be holding free, fun, interactive workshops entitled “Caring Communities Preventing Obesity.” Come learn more about our eating and exercise habits, obesity-related health risks, tips on how to integrate a healthy lifestyle into a busy schedule, and what you can do in your community to fight and/or prevent obesity. LTSC will hold a drawing and provide delicious, healthy food at each workshop. To find a location near you and RSVP, contact Monica: 213.473.1614 or [msakata@ltsc.org](mailto:msakata@ltsc.org).

Our next workshop will be broken into two 2-hour segments and is especially relevant to the working Japanese Community. It will take place from 12:30-2:30pm on Wednesday and Thursday,



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January 23-24, 2008 at LTSC located at 231 E. 3<sup>rd</sup> Street in Little Tokyo. Space is limited to 30 attendees. The 1<sup>st</sup> 15 attendees will receive a free lunch. Please RSVP by

Monday, January 21.