

Gardening

THE ULTIMATE GARDENING WORKOUT

(ARA) – With all the bending, lifting and stretching involved, gardening can be a fun and effective workout – if you know how to make the most of it.

Stacy Walters, registered kinesiologist, fitness director and creator of the Fit to Garden program, provides tips on how to turn a day of lawn and garden care into a day of healthy exercise.

Gardening warm-up

Like any other workout activity, gardening requires a warm-up to prepare the heart, muscles and joints. Begin with five to 10 minutes of stretching the legs, ankles, arms, shoulders and wrists as well as light aerobic activity to help reduce the risk of injury and decrease soreness.

Proper technique

Time spent in the garden can be relaxing, and it's important to make sure you're in a comfortable position when planting or weeding. To keep from getting stiff, try alternating between squatting, kneeling on a pad and sitting on a stool. Remember to keep your work close to you and tighten your abdominal muscles to protect your back when you reach and move.

Garden workout

When lifting heavy bags of soil or mulch, remember to keep your feet shoulder-width

apart, tighten your abdominal muscles and bend at the hips and knees, not at the waist. This activity helps strengthen the upper body and the abdominal muscles.

Mulching is an important step when gardening and an excellent way to help conserve water in your garden, prevent weeds and keep your outdoor spaces looking neat. Scotts NatureScapes Advanced is a color-enhanced mulch made of natural forest products that comes in a variety of colors and textures to maintain moisture and create a groomed landscape all year long.

To mulch efficiently, use a wheelbarrow and stand close to your work when shoveling. Scoop and lift the mulch with a shovel while keeping stomach muscles tight and avoid twisting the spine.

Raking is another way to build upper body strength, but make sure to vary your movement during the task. If you've been raking right to left, change direction and alternate arm and hand positions so one arm isn't doing most of the work. When you're finished, use the proper bending and lifting technique to move the product of your labor.

Gardening cool down

Following a garden workout, be sure to cool down. Stretching the hips, hamstrings, back, neck and shoulders will help balance muscle groups that may have been overused and decrease post-gardening soreness.

Police Reports

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STOLEN BIKES SUNDAY, AUGUST 23

A man parked his vehicle in his two-car garage in the 1600 block of Ocean Drive at about 10 p.m. on Saturday, August 22. He exited his unattached garage, leaving the door leading to it unlocked, and walked across a gated atrium and into his house. He returned at about 1 p.m. the next day to find three bicycles and two helmets missing, and the glove compartment of his unlocked 2008 Toyota SUV ransacked. The man told police nothing was stolen from the car and he estimated the bikes to be worth a total of \$1,050, and the helmets worth a total of \$60. Police observed no signs of forced entry in the garage.

STOLEN BIKE SUNDAY, AUGUST 23

A man parked two bikes at a bicycle rack near 15th Street and the Strand on the bicycle path at around 1 p.m. He went to the beach for a few hours after securing the bikes with a cable lock. At about 3:30 p.m. he returned to find his \$25 cable had been cut and his \$3,000 Canondale bike missing. The other bike, a "Giant" mountain bike was not taken, which the victim said was probably because the "Giant" wasn't worth much money. The man told police he would give them the serial number once he located it at home.

PIER GRAFFITI SUNDAY, AUGUST 23

A police officer conducted a foot beat on the pier, looking for graffiti created by a yellow and black paint marker he located on a suspect in custody. The top of four trash receptacles located at the end of the pier each had graffiti scrawled on them, two of them bearing the words "FELON CRAK," and the other two bearing the words "TOKER CRAK." The officer noted the vandalism was written with something similar to a black Sharpie pen, rather than the solid paint marker he found on the suspect. The officer reported that he talked to fishermen in the area but was unable to locate any witnesses.

STOLEN TIRE SUNDAY, AUGUST 23

A man walked out to his Chevrolet pickup truck around 9 a.m. on Sunday outside his residence in the 1700 block of Fifth Street. As he checked to see if his hideaway key was still in the wheel well of his rear left tire, he noticed his \$300 spare tire was missing from underneath the bed of his truck. The man told police his tire was taken sometime in the last three to four weeks. He said the thief must have taken a tool and cut or sawed through a metal wire that supported the tire.

GRAFFITI IN THE PARK SATURDAY, AUGUST 30

As a police officer patrolled Polliwog Park, he noticed graffiti on the side of a building located in the northeast side of the park. The building houses large garbage bins between Premier Baseball Field and MBMS. It had a green six-foot marijuana leaf painted on it, with "4ZD" painted below it in black. The officer checked with the park attendant who said he checked the area the night before at about 9 p.m. and saw no graffiti. The vandalism was photographed and submitted into electronic evidence, and the park attendant submitted a request to Public Works to have the graffiti removed. •





Manhattan Beach Sun

Rack Locations

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	225 S. Sepulveda	MB Office Plaza
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	3619 Highland	Harry O's
	316 Rosecrans	El Tarasco
	235 Sepulveda	Sea Horse Inn/Sion's Mexican
	1101 Manhattan Ave. @ 11th St.	Ercole's
	1139 Artesia Blvd.	Kinko's/Fat Burger
	125 Sepulveda @ Duncan Pl.	Panda Express
	1003 Sepulveda	Post Office
	2010 Sepulveda	Rubio's
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	Rosecrans East of Sepulveda	Fry's
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