

1



THE BRIDGE SPORTS COMPLEX

HEALTHY BRIDGEPORT
MIND - MOVE - EAT

HEALTHY BRIDGEPORT
& THE BRIDGE SPORTS COMPLEX
PRESENT

THE BRIDGE TO HEALTH 5K FESTIVAL

As part of The Bridge Sports
Complex Grand Opening

Thursday, June 24th
Packet Pickup at 6pm
5K Race (Run or Walk) at 7pm
Registration is only \$10 & is limited!

Healthy Bridgeport 5K

Healthy Bridgeport is excited to celebrate the culmination of our reign as Healthy Harrison's Health Game winners through our Bridge to Health 5K Festival. In conjunction with Healthy Harrison, Healthy Bridgeport will kick off opening weekend at the Bridge Sports Complex with a 5K Festival, that will include not only a 5K run/walk, but we will also be announcing the winners of our Biggest Loser and 10% Takedown challenges. If this is your first 5K, or your first 5K in a while, we encourage you to download the Healthy Bridgeport App and follow our 8-week training program!

While we would love to be able to open the race to all community members, we at Healthy Bridgeport, must put the health and safety of our community as our number one priority. Due to the COVID 19 pandemic, we will be taking strict precautions that include limiting the number of 5K participants. Registration is open first to our 5K and Biggest Loser participants, following that a limited number of the general Bridgeport community will be able to register on a first come, first serve basis. During the race, we ask that you observe social distancing practices and wear a mask at all times before and after the race (you may remove your mask while participating in the 5K).

We have been honored to work with Healthy Harrison to help improve the health and wellness of our community in the areas of mind, move and eat and we look forward to celebrating the success of a stronger, healthier community!

For More Information or To Sign Up visit www.healthybridgeport.com.

2

"Change Your State" A Podcast By Healthy Harrison

Healthy Harrison has partnered with WV News (Exponent Telegram, State Journal) to do a weekly live stream/ podcast that highlights Healthy Harrison's projects. Tune in each week to learn from community experts about how we can foster and grow a healthier community. The podcast is titled "Change Your State" because we are trying to change people's state of mind, develop healthier behaviors, and impact the overall state of well-being in West Virginia.



CHANGE-YOUR-STATE

THE
HEALTHY
HARRISON
PODCAST

with gary bowden & amy haberbosch willson

STREAMING 4.16.2021 @ 12:30 PM

[LAST WEEK: Yoga With Zach & Rachel Dyer on Apple Podcast](#)



[THIS WEEK: WVU Medicine United Hospital Center with Dr. Mark Povroznik](#)



4



Healthy Recipe From Mandy Curry

Mandy Curry is a social entrepreneur. She lives in Bridgeport, WV, and is the co-founder of Healthy Kids Inc., Start A Garden, Project Healthy Kids, and Business Uplifted. Her current project is a state wide initiative to prepare chef-led, from-scratch, healthy foods for child care centers in WV.

About This Recipe

We just tested this recipe out with kids and they loved it! The cauliflower rice is a great substitution for traditional rice. It's also an easy way to include an additional vegetable in your dinner lineup. Bell Peppers are a great source of vitamins and minerals and they're easy to grow. This is a dish that will please the whole family.

VEGGIE STUFFED PEPPERS



INGREDIENT LIST:

4 large bell peppers (red or assorted colors)
2 cups cauliflower rice
2 TBSP extra virgin olive oil, divided
Pinch of salt plus 1/2 teaspoon, divided
Pinch of ground pepper plus 1/4 teaspoon, divided
1/2 cup chopped onion
1 lb ground beef or turkey (omit for vegetarian dish)
2 cloves garlic, minced
1/2 tsp dried oregano
1 (8 ounce) can no-salt-added tomato sauce
1/2 cup shredded mozzarella cheese

INGREDIENT LIST:

1. Preheat oven to 350 degrees F.
2. Slice off stem ends of bell peppers. Cut the flesh from the stem and chop. Scoop out seeds from the pepper cavities. Bring about an inch of water to a boil in a large pot fitted with a steamer basket. Steam the peppers until starting to soften, about 3 minutes. Remove the peppers from the pot and set aside.
3. Prepare cauliflower rice according to packaged instructions. Transfer to a small bowl.
4. Heat a pan over medium-high heat. Add 1 tablespoon oil, the chopped bell pepper and onion. Cook, stirring, until starting to soften, about 3 minutes. Add beef, garlic, oregano, 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring and breaking up the beef with a wooden spoon or spatula just until no longer pink, about 5 minutes. Add tomato sauce and the cauliflower rice; stir to combine.
5. Fill each pepper with mixture. Top with shredded cheese.
8. Bake until filling is heated and cheese is melted, about 20-25 minutes.