The Wellness News

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Getting Involved in Local Activities That Promote Good Health

When was the last time you were involved in an activity with your community? Many cities offer local activities that enable you to be involved in a group, have support, and promote healthy lifestyles. April 4-10, 2011 is National Public Health week; what a great time to research what your community has to offer!

What are Local Activities?

Local activities include events that bring members of a community together to enjoy a day away from their normal routine and make a positive contribution, learn something, or work towards a common goal. Whether you are volunteering, taking a class, or going on a hike, there are many opportunities to get involved with other community members. Call your city or check the local website today for activities that you can participate in.

Volunteer Work

Volunteering has helped thousands of people across the country improve their lives. What have you done recently to get involved in your community? Organizations in every community are looking for volunteers. Look for opportunities that help keep you active or allow you to start local activities yourself. Big Brothers Big Sisters is an organization that allows you to influence children's lives while improving your activity level. Is the public library in need of volunteers? You could read books to children or improve the quality of the library while enjoying a day away from your normal routine. Also, check your local city council or school board for opportunities to participate in decision-making and other meetings; start a campaign to create more fitness or nutrition related activities in your area. Volunteering is a great way to positively influence the lives of others while enriching your own body through the promotion of good nutrition and exercise habits.

If you live in a small town, you could start your own walking or outdoors group. Check with friends and neighbors to begin a small group that meets on a weekly basis; the more people invited, the more successful the group will be!

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Nutrition Activities

Food and nutrition organizations are a great place to get involved to promote proper habits in your community. Here are a few examples of nutrition-related activities to be a part of:

Meals on Wheels – Providing meals to those in need, you could serve or deliver food to others.

Food Banks – Food preparation, donation, service, and clean-up are areas that volunteers typically work in at local food banks.

Farmers Markets – Participate in a local farmers market to increase awareness of buying locally grown produce and handmade items.

Also, starting your own nutrition or gardening club is a great way to improve nutrition habits and awareness. Check with friends and neighbors to start a healthy cooking group, nutrition book club, or vegetable garden. Be the positive influence in your own community!

Fitness Activities

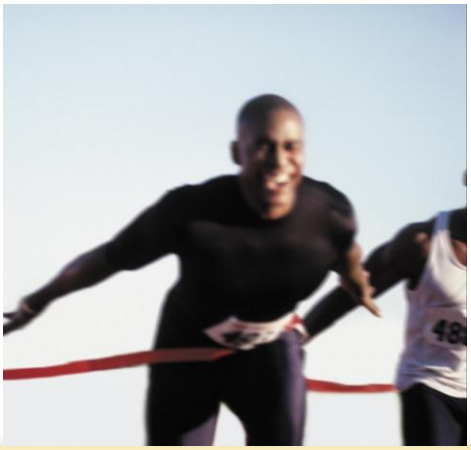
Physical activity and exercise are important factors to everyday health. Many organizations give you the opportunity to be active while participating in events; check out the following suggestions:

Humane Society – From dog walking to grooming, many humane societies desire volunteers to improve the activity level of animals.

Races – Whether you choose to participate in a race or volunteer to help, being involved with a race can help improve your activity level.

YMCA – Your local Y is a great place to meet friends, stay active, and be healthy.

Remember that you could always start your own fitness activity or club by joining together with friends and neighbors. Start a walking group or biking club that meets regularly. Whatever your preferred fitness activity may be, you can always find someone in your area to join you.



Call Your Health Coach for More Information 1-800-433-2320

Sources: www.getinvolved.gov, http://www.nphw.org/, http://www.voa.org/, http://www.bbbs.org/, http://ww5.komen.org/, http://www.serve.gov/

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