

HOW DO I GET INVOLVED IN HEALTHY HOMETOWN?



POWERED BY **Wellmark** 

Healthy HometownSM Powered by Wellmark is a way to make your hometown an even better place to live. Choose from the ideas below so that you can make the healthy choice the easy choice.








eat well

-  plant a garden/rent a community garden plot
-  buy your produce first while grocery shopping
-  buy fruits/veggies at a local farmers market
-  participate in a taste testing or a healthy cooking class
-  swap the fries for a healthy side
-  switch out white bread for 100% whole-grain
-  eat meals off of smaller plates and bowls such as salad plates
-  order/choose the smaller or half-size portions of your favorite entree
-  eat five or more fruits/veggies daily
-  keep pre-cut fruit/veggie snacks in your fridge
-  encourage non-food fundraisers

For more information go to Wellmark.com/HealthyHometown



move more

-  schedule a night without screen time
-  walk, bike or use public transit to get to a place you would normally drive
-  stand or walk when you're on the phone
-  walk your child to school or volunteer to chaperone a walking school bus
-  start or join a walking group if you sit for long periods of time, take activity or stretch breaks every hour
-  take the stairs
-  take up an outdoor hobby
-  work with your community leaders to advocate for safer walking and biking



feel better

call an old friend  attend or organize a neighborhood block party  encourage
your favorite restaurant to provide outdoor seating  learn something new every day
get a library card  keep up-to-date on your preventive exams and know your numbers
(biometrics)  plant a tree/plant/flower  join a club  visit residents at a residential
care center  make your residence and property a tobacco-free zone  participate
in a local wellness committee  help a neighbor with yard work or a household chore
if you use tobacco/nicotine, call 800-QUIT NOW (784-8669) for help with quitting

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ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意: 如果您说普通话, 我们可免费为您提供语言协助服务。请拨打 800-524-9242 或 (听障专线: 888-781-4262)。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).



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For more information go to
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