



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department



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May is...

National Employee Health and Fitness Month

There is no need to do strenuous or boring activities to keep fit! Instead, do fun activities that you and your family enjoy and watch the health benefits flourish. The importance of good health and exercise affects more than just your physical wellbeing – it also has far reaching benefits for your state of mind, increases your productivity, and enhances self-esteem.

**JUST GO.
GETTING OUT THE
DOOR IS ALWAYS
THE HARDEST PART.**

10 Ways to a Happy Healthier You

- Stretch in the morning when you get out of bed.
- Exercise with a friend.
- Eat lunch outside.
- Keep your mind active with crossword puzzles.
- Avoid fried foods.
- Limit your caffeine intake.
- Take a stroll in the park to reduce stress.
- Join a fitness club.
- Avoid soups made with cream.
- Exercise at least 20 minutes a-day, 3 times a Week.

Did you know...?



**American
Heart
Association®**
Learn and Live

WALKING CLUBS

Take the first steps to healthier you by walking. Why, you might ask? It's easy, it works, and it pays.

How to start a walking club..

1. Go to www.mywalkingclub.org
2. Sign up to start a walking club.
3. Download walking club coordinator resources.
4. Set up your group using *meet up* everywhere.
5. Get walking and have fun!

Ways to **Jump Start** your club.

- ◇ Get people motivated with a walking challenge.
- ◇ Use the stairs at work, instead of the elevator.
- ◇ Walk on your lunch time.
- ◇ Find other local clubs to meet.
- ◇ Get matching t-shirts so you feel more like a team.

Don't forget!

May 16th is National Walking Day



Questions or Comments?

Contact Us!

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