

Healthy Lifestyles – Marshfield Area Coalition’s Healthy Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and improve your eating habits. Enjoy!



Walk 10 for your heart before getting a cart

Looking for a place to walk indoors?

The following Marshfield retail and grocery store invite you to walk the aisles of their stores before shopping; Festival Foods, Fleet Farm, Menards, Pick ‘N Save, Shopko, Shoppes at Woodridge, Target, and Wal-Mart Supercenter.

1. Walk before you shop is an easy way to fit physical activity into your daily routine.
2. Walking is a low-cost activity. The only cost is a comfortable pair of shoes.
3. Walking is a low impact activity that can improve your health.
4. Walking can be done anywhere and anytime, by yourself or with friends
5. Contact Healthy Lifestyles-Marshfield Area Coalition at 715-221-8400 for a free Walk 10 for your heart before getting your cart brochure.

To view article online, visit our Web site at www.marshfieldhealthylifestyles.org.

For more information about the coalition or to become a member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.

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