

## 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 increase your fruit and vegetable consumption. Enjoy!

### “Spring” into Physical Activity



The snow is melting, the air is getting warmer; it’s time to get outside and get moving! Physical activity can be fun if you are doing something you enjoy. Follow these five tips to help you lead a more active lifestyle and have fun while doing so.

1. **Walk with a friend.** Before work, after work or on your lunch break, this low-impact activity can be done almost anywhere. Walking with a friend (or two) gives you a chance to be active and social at the same time.
2. **Join a fitness class.** This is a great way to meet new people and get in shape. Your body will thank you!
3. **Plan family activities.** Organize yard games, walk around the zoo or play at the park. Be creative; make family time fun by including physical activity.
4. **Take the dog for a walk.** He’s been home all day while you’ve been at work; he could use the exercise too.
5. **Try a new activity.** Whether it is relaxing yoga or intense kayaking, learning a new activity can be incredibly rewarding. There are lots of different activities out there – pick one and try it. You never know; you may enjoy it.



*To view article online, visit our Web site at [www.marshfieldhealthylifestyles.org](http://www.marshfieldhealthylifestyles.org).  
For more information about the coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.*

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