

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!

Five Ways to Start Your Day



Starting your day off right can sometimes prove to be a challenging task. Mornings can either be enjoyable or a frantic rush to get ready and out the door, depending on how you schedule your morning tasks. Follow these steps to help rejuvenate your body and mind and get you ready for the day.

1. Eat Breakfast. A healthy breakfast provides you with energy, helps curb hunger and improves concentration.
2. Plan Accordingly. Give yourself enough time to get ready and get done what you need to before you head to work.
3. Enjoy Your Morning. Play with the kids, watch the news, take a long shower – do something that makes you happy.



4. Get Moving. Stretch, walk the dog or do a few exercises. Anything to wake up your mind and body.
5. Enjoy Your Coffee. If a cup of coffee is what you need to wake up in the morning, then have one (or two). The negative impacts of coffee typically come from drinking it in excess.

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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