

Healthy Lifestyles – Marshfield Area Coalition’s 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!

New ways to boost activity

By now you know that moderate physical activity on most days is an important key to good health. In addition to parking farther from your destination, try one of these activities.

Hacky sack is a footbag game that is cooperative, rather than competitive. It can be played alone or with others and the challenge of keeping a small beanbag in the air with just your feet will not only boost your activity, it may just boost your laughter quotient, too.

Instead of two-wheeled transport, try a **unicycle**. Slower and more challenging than a bicycle, a unicycle will help build balance as well as improve cardiovascular fitness. Keeping more than one object in the air – and dropping some of them along with way – could improve your waistline and strengthen your arms. **Juggling** can involve two or more items, and may be a social outlet as well.

A martial art can improve confidence and posture. Classes can be strenuous or not, and you can find a teacher of the style you’d like to learn through the yellow pages.

Shovel your driveway, instead of using a blower. This is a great way to add activity into your day.

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To view article visit our Web site at 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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