

## **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 incentives to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

### **Lowering the risk of developing chronic diseases through physical activity:**

1. Initiate physical activity into your daily living (seek a doctor’s guidance first if you have any health problems).
2. If you don’t have time for regular physical activity, try incorporating it into your daily routine, such as taking the stairs, parking your car farther away and walking the extra distance, or taking a short walk during your lunch or coffee break.
3. As you are able, increase your activity time to 30 minutes or more on most days of the week.
4. Get your family involved in physical activities. You will be able to spend quality time with family while improving your health.
5. Include resistance training (with light weights) two times a week to increase muscle mass, and increase calories burned by your body.

Source: CDC & U.S. Department of Health & Human Services

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November 2007

*To view article 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.*