



▶ **Did you know ...**

In one minute, a 150 pound person burns approximately 7-10 calories walking up stairs and only 1.5 calories taking the elevator.



▶ **Small Step**

Forget the Swiffer – mop the old fashioned way.

Licking County Wellness Coalition Newsletter



Volume: 6, Issue: 3

March 2013

Welcome!

We are half-way through March, which means Spring is just around the corner! We are certainly hoping to see more sunshine and higher temperatures over the next few weeks.

March is National Nutrition Month and this year's theme is "Eat Right, Your Way, Every Day". This theme really resonates with us. Eating healthy does not look the same for every person. The 2010 *Dietary Guidelines* and MyPlate recommendations allow each of us to create a personalized healthy eating plan. This year's National Nutrition Month campaign recognizes that individual food choices are impacted by cultural and ethnic backgrounds, food preferences, lifestyle and health status. One size does not fit all when it comes to what we eat.

This month, we challenge each of you to "redesign" one of your favorite/traditional recipes to make it healthier. Switch to whole grains, add more vegetables, use less salt, or use more local ingredients! These are just a few suggestions to make your favorite foods more nutritious.

For other tips on improving your food choices, visit www.choosemyplate.gov. For more information on National Nutrition Month visit: www.eatright.org.

Sincerely,
Nicole & Erica

Nicole Stowers & Erica Swanger
Licking County Wellness Coalition Co-Chairs

Next Wellness Coalition Meeting:

April 3rd: Pathways of Central Ohio

Meeting begins at 2:30pm.
Everyone is welcome!

Please RSVP to wellness@lickingcohealth.org

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Like what you see?

If you are not already subscribed to our distribution list, please do so now. [Click here](#) to receive the monthly Licking County Wellness Coalition Newsletter.

Upcoming Events

March: National Nutrition Month

- March 16: [Composting & Growing Herbs at Buckeye Lake Library \(Buckeye Lake\)](#)
- March 17: [St. Patty's Day 10K \(Granville\)](#)
- March 19: Webinar: [Building the Walking Movement: New Strategies and Coalitions](#)
- March 19: [Licking County Morning Ride \(Pataskala\)](#)
- March 19: [New World Herbs and Seasonings at The Going Green Store \(Granville\)](#)
- March 20: [Kick Butts Day Advocacy Day at Verne Riffe Center \(Columbus\)](#)
- March 20: [Veggie School at The Going Green Store \(Granville\)](#)
- March 20: [Climbing Session at Columbus Outdoor Pursuit Center \(Granville\)](#)
- March 22: [Worksite Wellness Workshop at Denison University \(Granville\)](#)
- March 22: [Health Education: A Skills Based Approach Workshop Day 1 \(Toledo\)](#)
- March 23: [Success with Seed Sowing and Vegetable Garden Growing at Dawes Arboretum](#)
- March 23: [Kite Flying at William C. Kraner Nature Center \(Newark\)](#)
- March 23: [Four Seasons of Gardening 2013 at C-TEC \(Newark\)](#)
- March 26: [Licking County Morning Ride \(Pataskala\)](#)
- March 26: [American Diabetes Association Alert Day](#)
- March 27: [Climbing Session at Columbus Outdoor Pursuit Center \(Granville\)](#)
- March 28: [Blood Pressure Screening at Licking Memorial Wellness Center at C-TEC \(Newark\)](#)
- March 30: [Westerville Bunny Hop 5K \(Westerville\)](#)
- March 30: [Second Chance Humane Society Bowl-a-thon \(Utica\)](#)

April 1-7: National Public Health Week

- April 3: [Yoga Class at Newark Library \(Newark\)](#)
- April 4: Webinar: [Food Access and Health Impacts: Trends and New Research](#)
- April 6: [Heath Community 5K Run/Walk \(Heath\)](#)
- April 7: [Halfway to Halloween 5K Trail Run at Hecker's Farm \(Heath\)](#)
- April 9: [In a Nut Shell at The Going Green Store \(Granville\)](#)
- April 10: [Diabetes Education at Buckeye Lake Library \(Buckeye Lake\)](#)
- April 11: [Blood Glucose Screening at Licking Memorial Wellness Center at C-TEC \(Newark\)](#)
- April 12: [Cadette Girl Scout Night Hike at Dawes Arboretum \(Newark\)](#)
- April 14: [Monthly Family Volunteer Day at William C. Kraner Nature Center \(Newark\)](#)
- April 16: [Mushrooms and Herbs at The Going Green Store \(Granville\)](#)
- April 17: [Veggie School at The Going Green Store \(Granville\)](#)
- April 19: [Health Education: A Skills-Based Approach Workshop Day 2 \(Toledo\)](#)
- April 20: [Spring Fitness 5K at OSU-Newark \(Newark\)](#)
- April 21: [April Yoga Class at William C. Kraner Nature Center \(Newark\)](#)
- April 25: Webinar: [Instant Recess](#)
- April 25: [Blood Pressure Screening at Licking Memorial Wellness Center at C-TEC \(Newark\)](#)
- April 27: [CODA Family Fun Walk & Run at Genoa Park \(Columbus\)](#)
- April 27: [Arbor Day Festival at Dawes Arboretum \(Newark\)](#)
- April 28: [Spring Morning Bird Hike at William C. Kraner Nature Center \(Newark\)](#)

Online "courses" that can be completed at your own leisure:

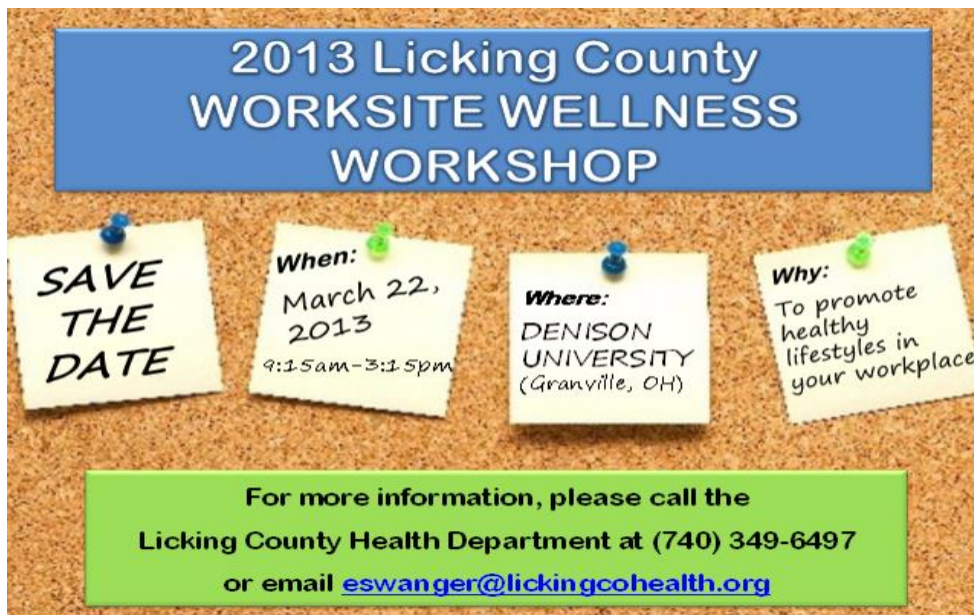
- [Creating Opportunities for Healthy Communities](#)
- [The Walking School Bus Program: Training Modules](#)

*Disclaimer: Inclusion of community events and resources does not imply endorsement by the Licking County Wellness Coalition or its affiliated agencies or partners. Some events may require a fee and/or membership.

2013 Worksite Wellness Workshop

Considering the number of hours per week we spend at work, it seems like common sense that we would incorporate wellness into those long days. The workplace and wellness should go hand in hand, but unfortunately, that is not always the case. No need to fear, that's why the Worksite Wellness Workshop is here!

At this year's workshop, we will be discussing a variety of topics that will boost your wellness program no matter what shape it is in (pun intended). Tobacco cessation, how to start your own wellness program, the fiscal side of wellness programs, and much more will be discussed. Chair massages, personal training and stretching lessons, and a mini boot camp you can do in your office will be offered as break-out sessions. Come for a fun filled day of wellness and you will walk out with great ideas to use in your own workplace. For more information please visit www.phplc.org or contact Erica Swanger at eswanger@lickingcohealth.org.



ASAP Acceleration Grants- \$1,000 to get kids moving

[Active Schools Acceleration Project](http://www.ActiveSchoolsASAP.org) (ASAP) is awarding **grants totaling \$1 million** to transform 1,000 elementary schools across the nation into active schools. Get everything your school needs to jump-start one of three award-winning programs: the 100 Mile Club, BOKS, or Just Move. Participating schools receive: \$1,000 seed funding, a game plan to follow, and a support network of champions across the country embarking on the same path. Teachers, parents, coaches and other school wellness champions who want to expand physical activity opportunities in their school are encouraged to apply.

ASAP Acceleration Grants make it possible for everyone to be part of the solution to childhood obesity. **Applications accepted through April 22, 2013.** For more information, visit www.ActiveSchoolsASAP.org.

Move It Outside!

Move it Outside! March in Licking County

It may not seem like it now, but spring is coming and temperatures are guaranteed to start rising soon! What does this mean for your exercise program? Warmer temps mean the ability to move outside and comfortably take advantage of the more than 1600 acres of park land, 25 miles of recreational trails, and the 14 miles of bike paths available to you in Licking County! A brisk 20 minute walk each day holds significant benefits for your health and overall wellness. After being stuck inside these past several months, head out and explore a local trail or nature event to combine exercise with an appreciation for the resources available to you throughout the area.

Infirmity Mound is a 316 acre park that includes ample trails for horseback riding, walking, hiking and often hosts special events like 5Ks and obstacle course races. For a challenge, checkout the eight miles of trails at the Lobdell Reserve in Alexandria – after your walk, you could even play a rousing game of disc golf! The Ohio Canal Greenway in Hebron offers a 3.8 mile multipurpose trail that even includes a covered bridge. To make any of your walks a more intense workout, stop every five to ten minutes and perform three rounds of ten pushups and ten situps!

To learn more about outdoor workout options, check out the parks website at www.lickingparkdistrict.com. These family friendly locations make it easy (and beautiful!) to include all the members of your family in an activity that will you get you fit and healthy this spring!

Submitted by: Michelle Newman-Brady
Founder and Principal, MNB Wellness Consulting
Wellness Coalition member
and
Stephanie Agosta
Denison University Wellness Coordinator
Wellness Coalition member



Pink Strides Trail Run and Wellness Walk at Infirmity Mound Park just South of Granville



Covered bridge at The Ohio Canal Greenway on the Hebron Trail



A game of disc golf at the Lobdell Reserve in Alexandria

Save the Dates



Change Gears: Ride a Bike-Ride for Your Health

Saturday, June 1st

For more information or to become a sponsor, contact
Nicole Stowers at 740-349-1663 or
nstowers@lickingcohealth.org



**2013 Nutrition + Physical Activity
Learning Connection: Ohio Summit**

Tuesday, May 7th

*More information to come on these events.

Kick Butts Day



March 20, 2013

9 a.m. – 3 p.m.

Vern Riffe Center, 19th Floor, Columbus, Ohio

Young people and their mentors are invited to join the American Lung Association to stand up and speak out against tobacco. Join youth from across Ohio at the Statehouse to have fun and talk with legislators about the importance of funding tobacco prevention programs. These programs will help ensure Ohio no longer ranks the worst in the country when it comes to helping kids avoid tobacco!

This year's theme is "Don't be a tobacco zombie" because when you are addicted to tobacco, you become a mindless slave to tobacco and the tobacco industry. This day will be an opportunity for you to say you do not want Ohio's youth becoming mindless zombies to the tobacco industry.

For more information or to register, visit: www.ohiolung.org. Please sign-up everyone in your group individually so they can be scheduled for legislative meetings.

Another great way to celebrate this day is to quit using tobacco or help others quit. Quitting at any age is beneficial. Within the first 20 minutes of quitting, the healing process begins. For help quitting, contact the Ohio Tobacco Quit Line at 1-800-QUIT-NOW or Licking Memorial Health Systems' Quit for Your Health program at 740-348-7848.

For more Kick Butts Day ideas, please visit www.kickbuttsday.org.

About the Licking County Wellness Coalition

The Licking County Wellness Coalition was founded in September 2006 and was formed as a result of the Community Blueprint. The Licking County Wellness Coalition works to create a healthier Licking County by increasing health and wellness of the county residents through encouragement and promotion of physical activity and healthy lifestyles. The Coalition is made up of a variety of representatives from local and state organizations with a vested interest in reducing and eliminating health disparities. In April 2008, the Licking County Tobacco-Free Coalition joined the Licking County Wellness Coalition.

For more information on **Wellness**, contact:

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eswanger@lickingcohealth.org

For more information on **Tobacco**, contact:

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www.lickingcohealth.org/wellness/index.html

**HEALTHY PEOPLE LIVING
HEALTHY LIFESTYLES**