Tasty Twist Challenge Begins July 13th!

An apple a day may help keep the doctor away.

Add a tasty kiwi, peach, broccoli, red pepper and cucumber to the daily mix and it is much more likely to protect you from developing some forms of cancer, type 2 diabetes and high blood pressure. A diet rich in fruits and veggies plays an important role in helping you maintain a healthy weight as well.

That’s why it is imperative that health professionals make a big push for adults and children, alike, to consume generous amounts of fruits and vegetables each day. According to public health statistics, less than 25 percent of American adults meet the minimal guideline of consuming five or more servings of fruits and vegetables daily.

How many fruits and vegetables do you eat daily? It is time to find out with the new Tasty Twist wellness challenge!

This fun and simple program challenges you to boost your intake of nutritious and delicious fruits and vegetables so that you can enjoy a lifetime of good health. It begins on Monday, July 13th and all employees are invited to enroll.

Tasty Twist is a 6-week challenge to not only increase the quantity of fruits and vegetables that you consume but to also vary your selection from day to day. Choosing a wide variety of colors and types ensures that you take in a healthy dose of vitamins, minerals and fiber.

Enroll today for the Tasty Twist wellness challenge. All individuals who complete the challenge and turn in their game board summary will be entered into a drawing to win prizes!

To enroll in the Tasty Twist Challenge CLICK HERE.
For more information or questions about the Tasty Twist Challenge contact Abbie Loos at aloos@lacrossecounty.org.

More matters – eat a wide variety and generous amount of fruits and veggies daily with the Tasty Twist wellness challenge!
Have you been thinking about adding more physical activity to your life? Starting a walking program may be a great way to get more active. And walking on a regular basis may lead to many health benefits.

The Benefits of Walking
- Lower your risk of health problems like high blood pressure, heart disease, and diabetes.
- Strengthen your bones and muscles.
- Help you burn more calories.
- Lift your mood.

Make walking fun by going to places that you enjoy, like a park or shopping center. Bring along a friend or family member to chat with, or listen to some of your favorite music while you walk.

How Much Do I Need to Walk?
150 minutes
Amount of time adults need per week of moderate-intensity aerobic activity (activity that speeds up heart rate and breathing) to stay healthy.

30 minutes per day x 5 days per week = 150 minutes

You can also split it up:

10 minutes + 10 minutes + 10 minutes = 30 minutes

If you can’t walk for 30 minutes at a time, you can take 10 minutes walks instead.

How Do I Start a Walking Plan?

1. Make a plan.
- Where will you walk?
- How often will you walk?
- Who will walk with you?
- How far or how long will you walk?

2. Get Ready
Make sure you have everything you need:
- Shoes with proper arch support, a firm heel, and flexible thick soles.
- Clothes that keep you dry and comfortable.
- A hat or visor for the sun, sunscreen, and sunglasses.

3. Go
- Warm up by walking slowly.
- Increase your speed to a brisk walk. This means walking fast enough to raise your heart rate while still being able to speak easily.
- Cool down by slowing your pace.

4. Add More
As walking becomes easier, walk faster and go farther. Keep track of your progress with a walking journal.

Always consult with your doctor before starting any walking plan.
The Employee wellness programs section on CountyView is continuing to be updated!

http://countyview/health/Documents/Wellness/Default.htm

NEW on the website—Walking Routes!

Looking to start a walking plan, but aren’t sure where to start? Check out the walking routes on the employee wellness website! All are great routes that can be fit in during a lunch hour or work break!

Do you have ideas for walking routes? Contact Abbie Loos at aloos@lacrossecounty.org.

Continue to check the website frequently for information about community events, upcoming challenges, health assessment information, & more!

Healics is Coming!

Save the date!

Healics Health Assessments will be taking place

September 14th-September 25th, 2015.

Watch your email for more information and details to come!
Farmers’ Markets—Enjoy the Taste of Eating Fresh!

Do you know where you can find the most fresh and local food? Look no further than your local Farmers’ Market! Shop local Farmers’ Markets for the La Crosse area’s best seasonal produce. Nothing tastes better than local.

Need more reasons to check out the Farmers’ Markets?

Check out our Top 5 List.

1. Freshly picked ripe food is at its peak flavor and nutrition. Taste and see for yourself!

2. Farmers’ Markets are everywhere and easy to find. See below for a list of Farmers’ Markets in the La Crosse Area!

3. Try a new fruit or vegetable! Farmers often have good suggestions on how to prepare the foods that they grow.

4. Need a cure for a picky eater? Get your kids & family involved. Let them pick something new to try, and use a new recipe to have them help prepare a meal or snack.

5. Connect with where your food comes from! Many foods in the grocery store travel thousands of miles before they hit your shopping cart. Farmers’ Market foods typically are grown within a few miles of La Crosse!

Click [HERE](#) for a list of La Crosse area Farmers’ Markets!