

Michael & Susan Dell Center for Healthy Living

4th ANNUAL

Texas

Obesity Awareness Week

MAKING THE *healthy choice*

THE *easy choice*

Sep. 12th - 16th, 2011

Ways to support healthy living in all aspects of your life

Choose one or more of these suggestions to incorporate physical activity and healthy eating in to your community, school, and workplace

Community

Physical Activity

- Schedule a 'clean up and play day' at the neighborhood park
- Start a neighborhood walking or biking club
- Ask officials to build and/or upgrade tennis and basketball courts, playgrounds, soccer fields, and swimming pools
- Work with physical trainers from the local health center, or gym to start classes on physical activity and exercise
- Ask officials to build well-lit, safe trails and activity stations in parks
- Conduct exercise classes at local community or senior centers
- Work with local facilities (malls, schools, religious facilities) in the community to establish times community members can use the facility for physical activity
- Speak with city officials and Bike Texas to create safe routes for cyclists and pedestrians



Nutrition



- Ask restaurants to label menu items with calories, fat, and sodium content
- Encourage your grocery store, like HEB, and restaurants to reduce the price of healthy options
- Request local officials to create a healthy vending and concession policy at community events
- Speak with restaurant managers to offer small portions at a reduced price
- Ask your local grocery store to provide information on healthy eating and cooking skills
- Set up a community garden in your neighborhood
- Organize a healthy recipe exchange
- Provide basic-skill cooking classes

For more information and resources visit:

Michael & Susan Dell Center for Healthy Living at <http://www.sph.uth.tmc.edu/>

School

Physical Activity

- Have students participate in a brief physical activity as part of morning announcements
- Organize intramural sports and recess activities
- Develop a 'walking school' bus group to promote active transport to and from school
- Speak with school officials to offer Open Gym before or after school
- Encourage families to participate in physical activity through school sponsored-events



Nutrition

- Organize a cafeteria tour to highlight and taste healthy foods
- Encourage cafeteria staff to place healthy options such as fruits and vegetables at the beginning of the tray line
- Ask your principal about setting up a farm-to-school salad bar or community garden
- Hold a contest for kids to make cafeteria table tents or tray liners that explain and promote healthy foods
- Speak with school administrators to create a policy to ban unhealthy foods for fundraisers

Work-site and Organizations



Physical Activity

- Provide a fitness tip of the day or week on social media outlets
- Implement a 'take the stairs' campaign
- Create and display a list of walkable local venues for lunch, activity breaks, and after work
- Post stretches and/or exercises that can be performed at workstations
- Establish a team member or committee to lead stretches during breaks

Nutrition

- Circulate a healthy recipe within the organization newsletter
- Become a mother-friendly worksite and accommodate new mothers with a clean place to pump and store breast milk
- Request healthy meal and snack options readily available and labeled in the cafeteria
- Create a healthy vending machine policy where at least half of the food available meets healthy guidelines
- Place articles, tips, and recipes about healthy eating on bulletin boards, public spaces in the work environment, and on social media sites

