



## Get Health Guilford E-News

### **QUICK TIP**

When there's no nutritional information on a menu, text the meal name to "diet1" to get the facts on more than 36,000 restaurant chain meal items. Take charge of what you choose to eat.

### ***Main section: Join the Movement! Take the Challenge!***

In 2008, thousands of Guilford County residents took the Eat Smart Move More Challenge. This year we are asking the community to support our focus on *childhood obesity*, which is a major concern in North Carolina. North Carolina has the fifth highest rate of Childhood obesity in the nation. If these rates continue, this may be the first generation of children who will not outlive their parents. Kids and youth need the support of the whole community to *eat smart and move more*. To help our children and youth be healthy, **Get Healthy Guilford** is:

- Challenging every child and youth in Guilford County to take the Challenge by eating at least 5 servings of fruits and veggies a day and getting at least 1 hour of vigorous activity per day from February 2nd through March 22nd.
- Challenging every adult in Guilford County to *Lead by Example* by eating at least 5 servings of fruits and veggies a day and getting at least 30 minutes of activity per day.

Even when you want to support children and the community, it may seem overwhelming to make a lot of changes in your life. Start gradually, by walking 10 minutes, having the side salad instead of fries, eliminating sweetened beverages, and decreasing screen time. Little things add up and have an impact on health and wellbeing.

Take the Challenge! Lead by Example!

### ***What's going on right now:***

Take the Challenge by registering at [www.GetHealthyGuilford.org](http://www.GetHealthyGuilford.org) and reporting your intake of fruits and vegetables and your daily activity. Make it a family project and encourage your child's teacher to engage the entire class in the challenge. All participants are eligible to win great prizes. Most of all, you will feel better, have more energy, and be on your way to a healthier self!



## ***Food for Thought***

***We can do anything we want to if we stick to it long enough.-Helen Keller***

Be optimistic! Studies show those who think positively about making changes are more likely to make changes that last. Increase your chances of success by getting support from your family and friends. Have your kids help with preparing dinner, do an activity together as a family, and get everyone involved in eating smarter and moving more. Studies have shown that children who eat meals with their families have higher academic performance and a better overall sense of wellbeing.

## ***Summary***

It's not too late to start. Take the challenge anytime between February 2 and March 22, 2009. Register, enter your results on your report card, and get ready to get fit!

## ***Questions***

Email [info@GetHealthyGuilford.org](mailto:info@GetHealthyGuilford.org) or call 336-478-9622 and ask for **Get Healthy Guilford**. Or visit us online at [GetHealthyGuilford.org](http://GetHealthyGuilford.org)