



Master Trainers of GLB

We have two Wellness Coordinators trained as Master Trainers for the National Diabetes Prevention Program of the Group Lifestyle Balance classes. They held their first training opportunity in Preston county at **Preston Memorial Hospital**

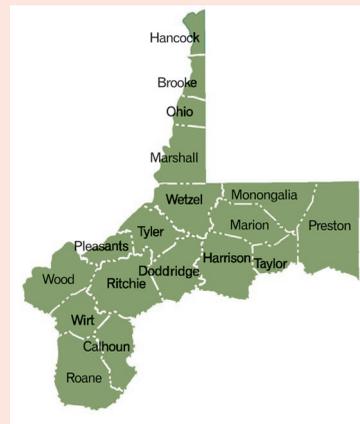
The participants of the class were very receptive about holding future Group Life-style Balance classes and asked when another training class could be held in their county.

Public Health Week

The week of April 7-11 is Public Health Week. It is the perfect time to rethink your health issues. We can help with issues of self-managing your chronic diseases. We can help with turning your numbers around before it is too late so as not to become a person with diabetes. Call **Barbara Holt at 304.485.7374 ext. 103 to find a class near you.**

Phone: (304) 485.7374 Web: www.changethefuturewv.org

Change the Future WV Region 1
Mid-Ohio Valley Health Department
211 Sixth Street
Parkersburg, WV 26101



We are eco-friendly! Please provide us your email address and we will send you the newsletter electronically!

Made possible with funding from the Centers for Disease Control and Prevention and the West Virginia Department of Health and Human Resources.

Region 1 serves Brooke, Calhoun, Doddridge, Hancock, Harrison, Marion, Marshall, Monongalia, Ohio, Pleasants, Preston, Ritchie, Roane, Taylor, Tyler, Wetzell, Wirt and Wood Counties.

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Mid-Ohio Valley Health Department



For more information call 304.485.7374



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Spring is in the air!!!

With Spring arriving in March, it is time to get out and get moving. Challenge your neighborhood, your family, your friends to a competition in physical activities. Be creative. Get some sun, exercise, enjoy friendly people and live longer, healthier lives. The West Virginia Health Departments have challenged each other to a 100 miles in 100 days event. Find a group of people and tell us your challenge so we can put it in the next newsletter.

Start a healthy habit

Identify the bad food cues that have become a part of your life and change them to a healthy food cue. One example that would not only make you healthier but save you money. Next time you go to the movies, take along some sugar-free gum and skip the concession stand. When you sit down to star watching the movies, stick a piece of gum in your mouth instead of the popcorn. Continue this every time you go to the movies and you have begun a new healthier habit.



Gardening Tips

It has been said by several different people that the best way to get top quality food for your household is to grow it yourself. The garden does not have to be so big the neighbors are wondering what you are really growing next door. It can have simple plants that supply vegetables for several months, i.e. peppers, tomatoes, strawberries, herbs, etc. You can even have fresh vegetables in pots or raised gardens instead of planting a garden on the ground. Gardening is also a physical activity that is good for you.

You could even grow items to use for drinking: rhubarb stalk, apple mint, berries, fruit trees, etc. Save time and money. Plant perennials like rhubarb and asparagus. Make sure you find varieties known to grow well in your area. The list of food you can grow is really up to your imagination and time: beans, lettuce, peas, squash, dill, mint, parsley, cucumbers, tomatoes, peppers, carrots, potatoes, celery, beans, spinach, etc. Maybe you could give us some ideas.

Get out of the chair



Weigh yourself regularly



MUSCLE

There are all kinds of ways to build muscle:

- Join a gym to lift weights;
- pick up a couple cans of vegetables;
- a couple books at the same weight;
- use your own body weight as your resistance.

All accomplish what you need to build muscle. Come up with new ideas and share with us and we will put them in the next newsletter.

Ways that you can help your community become healthier.

Join your local Coalition

Become a CHERP

Talk to your local grocer about becoming a Change the Future WV store

Ask your community convenience stores to carry fresh fruits and vegetables.

Support your local farmers' market

Start a walking club

Ask your schools to offer healthy choices at sporting events.

Get physically active



COMMUNITY HEALTH
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For more information visit:
changethefuture.wv.org

Learn more and find regional and state contacts, events, success stories and social media links.



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