



Resources

National

www.letsmove.org: Michelle Obama's Let's Move!

Information on eating healthy, getting active and taking action.

www.50millionpound.com: Dr. Ian Smith's 50

Million Pound Challenge – a FREE social networking weightloss program for adults. You can join Mayor Euille's team!

www.cdc.gov/HealthyLiving: Center for Disease Control & Prevention's website on adult health.

www.Mypyramid.gov: Learn about the Food Pyramid and create a healthy eating plan just for you!:

For kids! kidshealth.org: Nemour's Kids Health with websites designed just for parents, teens, and kids.

For kids! www.bam.gov: Center for Disease Control & Prevention's Body and Mind website with healthy quizzes and games for kids.

Local

www.MECKids.com: MECKids.com is a social website for kids and teens designed to motivate and champion youth to be healthy and active.

www.Alexandriava.gov/Recreation: Alexandria Recreation, Parks, & Cultural Activities Dept with summer camps, sports, and classes for adults and youth.

Inova Health System's after school iPath program at T.C. Williams designed to teach teens about eating healthy and being active. Coached by former professional athletes.

Get involved! If you would like to join the leadership team for this initiative, contact Carrie Fesperman Redden, Health Planner for the Partnership for a Healthier Alexandria at Carrie.Fesperman@vdh.Virginia.gov or 703-746-4914.

Calendar of Events

Date	Event/Partner	Location
Wednesday, May 25 10 a.m. – 2 p.m.	Senior Health & Fitness Fair Successful Aging; Dept of Parks, Recreation & Cultural Activities	Lee Center 1108 Jefferson Street Alexandria
Sunday, September 25 9 – 11 a.m.	Walk a Hound, Lose a Pound Capitol Heel; Animal Welfare League	Market Square in Old Town, Alexandria Doggewalke.com to register
Saturday, November 5 9 a.m. - noon	Top of the Town Walk Around	Masonic Temple 101 Callahan Dr Alexandria
Sunday, March 4, 2012	YoKid Challenge	Cora Kelly Recreation Center 25 W. Reed Ave Alexandria

Mayor's “Get Healthy Alexandria!” Initiative

*Your health, your life...
your choice!*





About Us

What We're Doing

Our vision is to engage the entire, diverse Alexandria community in collaborative efforts to promote better health, including access to healthy foods and recreation for all.

The Mayor's "Get Healthy Alexandria" Leadership Team plans and participates in community events to increase awareness of community services, promote activity, and encourage healthy eating.

Eat Healthy

Food & Nutrition

Here's a few tips to start eating healthier!

- Families that eat together weight less.
- Keeping track of what you eat helps to identify unhealthy patterns.
- Smart size your portions – the secret is in your hand!
 - A fist is 1 cup (1 serving = ½ cup cereal, pasta, or rice OR ½ cup cooked or raw fruits and vegetables)
 - A palm = 4 oz of meat (2 servings are part of a healthy diet)
 - A thumb = 1 oz. of cheese (1-2 oz = 1 serving)
 - 1 tennis ball = 1 serving of fruit

Get Active

Physical Activity

Build in a few minutes of activity periodically during the day to keep the energy flowing!

- Wear a pedometer and try to walk at least 1,000 steps a day
- Take the stairs instead of the elevator
- Grab a friend and walk during your lunch break
- Walk or bike your child to school
- Join your local recreation center and learn about programs they offer!

Check out our website for more information! www.HealthierAlexandria.org/HealthyLifestyles