

Help us reach our goal of becoming the healthiest county by 2015 by getting involved as:

Individuals

- Get your flu shot every year
- Buy seasonal fresh fruit and vegetables from the farmers market or grocery store
- Order a 500 Club item from a local restaurant
- Take a walk at Riverside Park
- Take your dog on the hiking trails
- Call up an old friend and make a plan to get together
- Don't make any plans for one whole day
- Book an appointment for a massage
- Talk positively about your community with others

Parents/Grandparents

- Teach your children/grandchildren how to wash their hands properly (have them sing *Happy Birthday* once through to know how long to wash)
- Make sure your child's vaccines are up to date
- Include your children/grandchildren when you prepare a healthy meal
- Grow a family garden (small or large)
- Take a family bike ride around the neighborhood
- Play kick the can or kickball as a family or neighborhood
- Talk to your children/grandchildren—tell them they're smart, funny, beautiful and special
- Encourage your children/grandchildren to make healthy choices and compliment them when they do
- Encourage your children/grandchildren to start a journal or create an art project outside of school

Employees/Employers

- Give incentives for healthy behavior (verbal, monetary, or otherwise) and make it easy for your employees to make healthy choices by providing healthy food on-site, gym time, walk breaks, etc.
- Post opportunities about community health events in break rooms and gathering areas
- Encourage your colleagues to quit smoking—there are lots of free programs
- Invite a co-worker to go on a quick walk during break
- Bike to work if you can and park in the back of the lot if you can't
- Understand that you or your employees are more productive if they're not stressed and anxious
- Don't invest in things, invest in people and tell them you think they're a good investment

Volunteers

- Make connections between people you know are working on similar things
- Try volunteering for something new or different—perhaps out of your comfort zone
- Don't be a crabby, busy or stressed volunteer—be present and live in that moment; your attitude is infectious!
- Visit a nursing home even if you don't know anyone living there—your presence will be appreciated!
- Remember: the reason you're volunteering is not about your benefit, but someone else's; give generously of yourself!

La Crosse County is an area like none other and we have much to be proud of. Let's not be shy about spreading the word that the place we live is great and will only get better with every healthy choice we make. When we *make the healthy choice together* everyone benefits!



www.lacrosseconsortium.org