

Health Benefits of Friendship

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For more information on ways to lead a healthier lifestyle visit our website GetHealthyCT.org

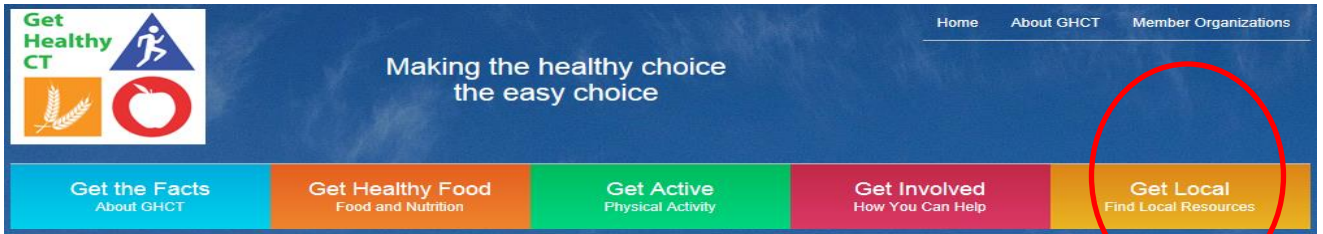
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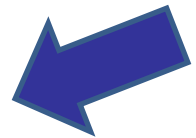
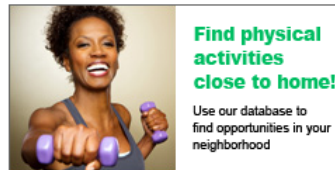
Get Local with *GetHealthyCT.org*

If you are looking for places nearby where you can be physically active, check out our Local Resource Directory:



Get Local

Take advantage of the resources available in your community. By buying local produce, you can make healthy, nutritious choices while decreasing your environmental impact. Regardless of your fitness level, there are numerous parks, gyms and playgrounds nearby for you and your family and friends to engage in physical activity. Use our databases to find local health food sources and venues for physical activity that will help you on your path to better health.



Find Physical Activity Resources in Your City

Filter by City

Filter By Activity

- Baseball
- Basketball
- Beach
- Biking
- Boating
- Bocce
- Bowling
- Croquet

Filter by Name

Clear your choices

The Health Benefits of Friendship

By Victoria Moran



No doubt you've heard the good-health prescription: Eat a colorful, natural diet; exercise regularly; manage your stress with relaxation, recreation and meditation; get enough sleep; and have the proper checkups and screenings for your age and history. Recently, a host of research has added another, perhaps surprising, to-do to that list: Make friends, and keep those friendships in good repair.

"Researchers have found that having even one close friend that you confide in can extend your life by as much as 10 years," says sociologist and relationship coach Jan Yager, PhD, author of *Friendshifts*. "Numerous studies also show that recovery from a major health challenge, such as a heart attack or cancer, is enhanced because of friendship."

The Friendship Advantage

A landmark UCLA study in 2000 showed that, for women, having a circle of friends actually provides an alternative to the traditional fight-or-flight response to stress. The researchers called this response "tend-and-befriend" and showed that when women gather with other women (and with children), they release more oxytocin, the mother-love hormone associated with breast-feeding, which has a marked calming effect.

But women aren't alone in attaining measurable health benefits from friendship. The Australian Longitudinal Study of Aging looked at nearly 1,500 seniors — women and men — for a full decade. Among their findings was that having good friends is more likely to increase longevity than even close relationships with adult children and other family members. The study subjects with the largest number of close friends outlived those with the fewest by 22 percent. Even major life changes such as the death of a spouse could not erode the "friendship advantage." What makes these findings exciting — and practically applicable — is that while anyone's number of family members is limited, we can expand our network of friends for as long as we live.

Friends may also add to the quality of those extra years by helping us maintain brain function. A Harvard School of Public Health study that looked at older adults across the country provides evidence that social integration — through marriage, volunteer work or frequent contact with children and neighbors — delays memory loss in elderly Americans.

While it's clear that having friends is a healthy habit, the verdict is still out on the precise reasons why this is so. The Australian researchers speculate that, in addition to the emotional support friends provide one another during difficult times, positive peer pressure may also play a role — encouraging the adaptation of healthy lifestyle practices, such as joining a gym or a smoking cessation program together — as well as the stress-reduction benefits that derive from feeling connected to other people.

Friends in Health

Stress management is, in fact, one of the great gifts of friendship. One 2009 study found that clients with the fewest friendship connections were those most likely to be dealing with depression, anxiety and heart disease. Stress is known to encourage a host of maladies, from the common cold to the arterial inflammation that contributes to cardiovascular disease.

That might explain the results of a two-year study that looked at 500 women with suspected coronary artery disease. Those with a strong support system were not only more likely to be alive after two years, but their rates of hypertension and diabetes were lower, and they were less likely to have an excess of abdominal fat.

The Friend-Weight Dilemma

It is in the area of excess fat, however, that a single dark cloud may lurk in the bright sky of friendship and health. A study reported in 2007 in the *New England Journal of Medicine* suggests that there could be a connection between

the rise of obesity and our social interactions. In other words, obesity may “spread” through a network of friends as members of that network become more tolerant of obesity and the behaviors that lead to it.

Reflecting on this study, Michelle P. Gallant, MS, RD, of Harvard University Health Services, says, “Because we want to fit in with our peers, we might go along with their way of eating. If we’re out with people having appetizers, drinks and desserts, the brain is stimulated by that, and it can trigger us to eat more than we’re really hungry for.”

Curiously, it’s our same-gender friends that appear to be the culprits here. The *New England Journal* report suggests that we’re influenced more by those who “resemble us.” Even spouses, who presumably share a kitchen and routinely dine together, may not affect each other’s weight gain as much as mutual friends do.

These same friends can also exert another kind of unhelpful peer pressure, especially among young women, when they overemphasize and idealize thinness. “I see the damage friends can cause each other about body image,” says Gallant. “Too much ‘diet talk’ can cause women to be preoccupied with body size in a negative way.”

The secret seems to be choosing well-balanced, health-conscious friends and engaging together in health-promoting activities. Good habits, as well as bad, may be “contagious” when we’re in the company of people we care about and whose company we genuinely enjoy. A University of Pennsylvania study reported in the *Archives of Internal Medicine* looked at 344 African-American women and men, and found that exercising with a family member or friend led to more weight loss than going solo, *but only if the buddies enrolled together*. Being assigned an exercise partner who wasn’t a “real friend” had a negligible effect.

Making Friends 101

As positive friendships vie with dark, leafy greens as the good-health superstars, how do we get more of them, especially if we’re not the life-of-the-party type? Some ideas:

Make the first move: According to Dr. Yager, showing an interest in another person is the first step on the road to friendship.

Branch out: “Since having shared interests is an obvious way to begin a relationship that might become a friendship, get active in sports or cultural activities where you’ll meet people. If someone seems interesting, suggest getting a cup of coffee before or after the next session.”

Be interested: Once a nascent friendship is underway, be genuinely interested in learning about this person. Keep things light and allow for humor. Although strong friendships can develop in support groups and other places where people go for help, more often the person who’ll be there for you when things get rough entered your life through shared good times.

Show your appreciation: Finally, cherish the friends you already have. It’s no easy matter to stay in touch these days, especially if you’ve lived in seven cities, had a dozen jobs and your face-to-face friends are in competition with a hundred Facebook friends you may not have seen since childhood (if you’ve ever met at all). While it can be fun to “know” a lot of people, acquaintances aren’t the same as friends. Stay close to the tried-and-true by getting together in person when you can, sharing a phone call every so often and making e-mail contact or even sending a real note — on paper with a stamp! Handwritten notes were always special, but now that they’re so rare, they’re worth their weight in friendship gold.

Finally, be there for the people you care about when they could use a friend. Most of us will never save a life by running into a burning building or jumping into a churning sea, but science now tells us that we just might extend someone’s life simply by being a part of it.

<http://www.clevelandclinicwellness.com/mind/stressless/Pages/TheHealthBenefitsofFriendship.aspx#>

Six Characteristics Of A Great Workout Partner



Looking for a workout buddy is very important! They depend on how often you'll workout and how effectively you'll workout. With a bad partner, your workout routine and plan can easily crumble. Make sure you take these six characteristics to heart before you ask someone to workout with you, but also make sure that you embody them for your partner as well! Check out HealthStatus for more workout tips and routines.

1. **Commitment**

A committed partner is crucial! Staying devoted to the workout plan, whether its once a week or every day, is a trait that your partner, and yourself, must have. If your partner isn't committed to the workout, then you'll slowly fall off the plan as well.

2. **Loves Challenges**

Exercising can be boring. But, with a workout buddy who takes challenges head on with a positive attitude, you'll experience new workout routines and exercises. By expanding your horizons and never backing down from a challenge, you'll not only get to try a new activity, but you can workout new muscles.

3. **Adventurous Spirit**

With working out comes a new set of unknown challenges. A creative workout buddy adds fun and enthusiasm in the exercises and can help you experience new things!

4. **Reliability**

Your workout partner must be dependable. A good workout partner shouldn't make excuses! This is one of the main reasons why workout plans fail, people think that they'll just go the next day, and the spiral continues. Reliability is very important to keep a workout plan going!

5. **Shares Responsibility**

A great workout buddy must be serious about their goals. By being responsible for the success of both your results and your partners, it'll make you work harder towards reaching your goals.

6. **Doesn't Overwork You**

Find a workout partner who cares about your health, safety and well being, not just pushing you at the gym. A good partner knows when to push you and when you've reached your limit. You're at the gym with your partner because they trust you to know their limits and not overwork them.

Having a workout buddy provides inspiration to work together towards a happy, healthier life.

Seis características de un compañero de ejercicio excelente



Es importante que tengas cuidado cuando buscas por un compañero de ejercicio. Es necesario que tú y tu compañero hagan ejercicio al mismo tiempo y que ustedes tengan metas similares. Con un mal socio, tu rutina de ejercicios y plan pueden desmoronarse fácilmente. Asegúrate que consideres estos 6 características antes de pedirle a alguien para ser su compañero de ejercicio. Consulte a HealthStatus para más consejos e ideas para hacer ejercicio.

1. El compromiso

Un compañero que se compromete al plan de ejercicio es muy importante. Si tú o tu compañero no se consagra al plan de ejercicio, será más difícil para ustedes dos a seguir el plan.

2. El amor de retos

Hacer ejercicio puede ser aburrido. Sin embargo, con un compañero de ejercicio que enfrenta los retos con una actitud positiva, puedes encontrar nuevas rutinas de ejercicio. Con un compañero de ejercicio, ningún reto puede parecer demasiado difícil para superar. También, los ejercicios nuevos fortalecen músculos nuevos.

3. El espíritu aventurero

Un compañero de entrenamiento creativo añade diversión y entusiasmo en los ejercicios y puede ayudar a experimentar cosas nuevas!

4. Fiabilidad

Su compañero de entrenamiento debe ser confiable. Un buen compañero de entrenamiento no debería hacer excusas! Esta es una de las principales razones por la cual planes de entrenamiento fallan, piensan que sólo van al día siguiente, y la espiral continúa. Fiabilidad es muy importante mantener un plan de entrenamiento!

5. Comparte la responsabilidad

Un compañero de ejercicio bueno debe tener una actitud seria sobre lograr sus metas. Ser responsable por los resultados suyos y los de su compañero, harán que trabajen más fuerte para alcanzar sus metas.

6. No te desafía demasiado

Encuentra un compañero de ejercicio que le importa su salud, seguridad, y bienestar. Un compañero bueno sabe cuándo ha llegado a sus límites. Estás en el gimnasio con su pareja porque confían en que conocen sus límites.

Tener un compañero de ejercicio nos inspira a trabajar juntos para lograr una vida más contenta y saludable.

Forums for Finding Healthy Activities & Workout Partners



Meetup.com is a great resource for finding groups with similar fitness and exercise interests. Visit the website to find a wide variety of activities in your town – or somewhere else nearby! The list below is just a small sample of the many local health and fitness related Meetup groups. *Note: Always be aware of safety when joining a new group or trying a new activity. Be sure the group is meeting in a public place and, where possible, make it an opportunity to invite another friend along to get active! Also, be sure to consult your doctor regarding any health concerns before beginning a new exercise program.*

Sample Meetup Groups	
Fairfield County	New Haven County
Stamford Bicycling Meetup (Stamford)	Woodbridge Couch to 5K (Woodbridge)
Black Rock Active (Bridgeport)	CT Zumba Meetup (Milford)
Bridgeport Holistic Health (Bridgeport)	New Haven Walks in the Woods (New Haven)
Quirky Nerdy Fitness Crew (Bridgeport)	New Haven Runners (New Haven)
Greater Bridgeport Clean Eating (Bridgeport)	Hamden Walks (Hamden)
Connecticut Outdoor Adventurers (Newtown)	CT Obstacle Runners (Wolcott)
CT Family Adventurers (Newtown)	The Hiking Group – CT & NY (Southbury)
YogaRelax (Norwalk)	New Haven & Fairfield Kayak & Paddleboard (Milford)
Fairfield CT Tennis (Fairfield)	Yoga at the Beach (Milford)
Stamford CT Pickup Soccer (Stamford)	Mindful Eating Support Group (East Haven)



Health & Fitness Group Websites

You can also find workout buddies and group exercise options at websites focused on these topics. A few examples are:

www.fitlink.com

www.exercisefriends.com

www.sparkpeople.com

Como encontrar actividades saludables y compañeros de ejercicio



Meetup.com es un recurso que te ayuda en encontrar grupos de personas con intereses relacionados al ejercicio y la salud. Visite el sitio web para encontrar muchas actividades diversas en tu pueblo – ¡o en un pueblo cercano! La lista debajo incluye unos ejemplos de los muchos grupos locales relacionados con el ejercicio y la salud.

Atención: Siempre tenga cuidado por su seguridad cuando se reúna con grupos nuevo. Asegúrese de que el grupo nuevo se reúna en un lugar público. Trate de invitar a un amigo para acompañarle al grupo. También, hable con su médico antes de empezar un programa de ejercicio nuevo.

Ejemplos de grupos en Meetup	
Fairfield County	New Haven County
Stamford Bicycling Meetup (Stamford)	Woodbridge Couch to 5K (Woodbridge)
Black Rock Active (Bridgeport)	CT Zumba Meetup (Milford)
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Fairfield CT Tennis (Fairfield)	Yoga at the Beach (Milford)
Stamford CT Pickup Soccer (Stamford)	Mindful Eating Support Group (East Haven)



Sitios web relacionados a la salud y el ejercicio

También, puedes encontrar compañeros de ejercicio y oportunidades de hacer ejercicio con un grupo en estos sitios web. Aquí están unos ejemplos:

www.fitlink.com

www.exercisefriends.com

www.sparkpeople.com

The Benefits of Eating Together

The Family Who Eats Together Stays Together

By Becky Hand, Licensed & Registered Dietician



"Come and get it!" It may be dinnertime, but when was the last time your family sat down and enjoyed a meal *together*? With music lessons, ball practice, play rehearsal, and work schedules, it can be tough. Rounding up the troops for an evening meal can be almost impossible! However, research is beginning to show that eating as a family has great benefits for your children and teenagers. Here are 8 more reasons why you should try to sit down together 5-6 times a week, whether for breakfast, lunch or dinner.

Reason #1: Communication and Well-Being

Conversations during the meal provide opportunities for the family to bond, plan, connect, and learn from one another. It's a chance to share information and news of the day, as well as give extra attention to your children and teens. Family meals foster warmth, security and love, as well as feelings of belonging. It can be a unifying experience for all.

Reason #2: Model Manners (and more)

Family mealtime is the perfect opportunity to display appropriate table manners, meal etiquette, and social skills. Keep the mood light, relaxed, and loving. Try not to instruct or criticize—lead by example.

Reason # 3: Expand Their World...One Food at a Time

Encourage your children to try new foods, without forcing, coercing, or bribing. Introduce a new food along with some of the stand-by favorites. Remember that it can take 8-10 exposures to a new food before it is accepted, so be patient. Trying a new food is like starting a new hobby. It expands your child's knowledge, experience, and skill.

Include foods from other cultures and countries.

Select a new vegetable from a local farmer's market.

Have your child select a new recipe from a cookbook, web site, newspaper, magazine or check out the recipes on SparkPeople.

Reason #4: Nourish

Meals prepared and eaten at home are usually more nutritious and healthy. They contain more fruits, vegetables, and dairy products along with additional nutrients such as fiber, calcium, vitamins A and C, and folate. Home cooked meals are usually not fried or highly salted, plus

soda and sweetened beverage consumption is usually lower at the dinner table.

Reason #5: Become Self-Sufficient

Children today are missing out on the importance of knowing how to plan and prepare meals. Basic cooking, baking, and food preparation are necessities for being self-sufficient. Involve your family in menu planning, grocery shopping, and food preparation. Preschoolers can tear lettuce, cut bananas, and set the table. Older children can pour milk, peel vegetables, and mix batter. Teenagers can dice, chop, bake, and grill. Working as a team puts the meal on the table faster, as well as makes everyone more responsible and accepting of the outcome. Improved eating habits come with "ownership" of a meal.

Reason #6: Prevent Destructive Behaviors

Research shows that frequent family dinners (five or more a week), are associated with lower rates of smoking, drinking, and illegal drug use in pre-teens and teenagers when compared to families that eat together two or fewer times per week. Even as older children's schedules get more complicated, it is important to make an effort to eat meals together. Scheduling is a must.

Reason #7: Improve Grades

Children do better in school when they eat more meals with their parents and family. Teenagers who eat dinner four or more times per week with their families have higher academic performance compared with teenagers who eat with their families two or fewer times per week.

Reason # 8: Save Money

Meals purchased away from home cost two to four times more than meals prepared at home. At present time the restaurant industry's share of the total food dollar is more than 46%. Due to scheduling, commitments, and activities, families eat out several times each week.

It is time to bring the "family" back to the dinner table. Sharing dinner together gives everyone a sense of identity. It can help ease day-to-day conflicts, as well as establish traditions and memories that can last a lifetime.

SOURCE: http://www.sparkpeople.com/resource/nutrition_articles.asp?id=439

How hosting a potluck can help you eat healthier

By Amanda Pierce



Tired of struggling to find low-fat and delicious options at restaurants? For a healthier evening, try a potluck with your friends. Here's how.

Friendly stew

These days, dining out can be a pretty scary proposition for dieters who don't know what's getting past their lips. Ask the waiter how many grams of fat are in the glazed pork tenderloin or how many carbs are in the seafood risotto, and you might get a blank look, or a scowl. A safer, healthier alternative to dining out can be eating in and putting a fresh, healthy spin on the good old potluck.

But don't loosen your belt buckle and see this as a chance to chow down -- today's potluck can be the perfect chance to sample and exchange a bunch of healthy recipes and foster some good eating habits. "Variety is one of the keys to having a healthy diet, and potluck dinners are a great way to try different foods," says Kathy Romses, RD, a community dietitian in West Vancouver. That's because, the more different foods you eat, the more likely you are to get a good cross-section and amount of different nutrients.

Potluck ideas

If you're hosting a potluck, all you need to do is set a healthy tone and make it fun. Here are a few ideas to get you started and excited:

Pick a theme. It can be as simple as choosing a type of cuisine, such as Mexican, Thai, maybe go global. Or go beyond what kind of dish you choose to how you serve it, says Romses. For example, a "[100 mile](#)" theme would mean everyone has to pick foods produced locally within 100 miles of the place that you live. "Flavour and nutrients are retained in locally produced, in-season foods," says Romses. That's because they don't travel long distances before landing in your supermarket. A "rainbow" theme would mean assigning everyone a different colour of dish that they need to prepare.

Set the challenge. You could assign each person a type of dish, such as meat or pasta entrée, dessert or vegetable side dish. Or you can make it a little more interesting by giving some guiding criteria to friends. Set challenges, suggests Romses, such as keeping recipes "under 300 calories per serving" or "make it in 20 minutes or less."

Make a day of it. Invite your friends to meet up at the farmer's market, share a coffee, then split up to hit fruit and veggie stalls, bakeries, deli counters, and fine food shops. Sampling is fun and much more forgiving and guilt-free than having whole servings of dessert or cheese. Then depending on the size of the party, you could even head back to your place and prepare everything together.

Dish out some "can't-cook&" recipes. For the eternally kitchen-challenged, there are lots of easy dips, salsas, fresh fruit and veggies you can suggest instead, so they don't have to learn how to operate their oven after all. Of course, if they're tired and embarrassed about being relegated to salad duty again, send them to the library or bookstore instead to pick up a cooking 101 lesson. A fitting choice might be [The Girl Can't Cook: 250 Fabulous No-Fail Recipes a Girl Can't Be Without](#) by Cinda Chavich (Whitecap Books, 2004).

Eat right. When it's time to enjoy all the great dishes, the key is to fill your plate, not your belly. "When choosing foods at a potluck dinner, aim to fill half of your plate with vegetables and fruit, one quarter with meat and alternatives, and one quarter with grain products. And remember to include a milk product choice with your meal," says Romses.

Create an electronic recipe exchange. If everyone brings a copy of their recipe or shares an electronic version, it helps to add more variety to everyone's recipe files, suggests Romses.

Do up some doggy bags. So everyone has a [healthy lunch](#) tomorrow, and doesn't overeat tonight, have everyone fill a plastic containers. It's one way to share the wealth, and get the excess out of your house before you're tempted to eat it all.´

Tips for a Healthier Halloween Night

Halloween doesn't mean handing out sweets full of empty calories! Being healthy doesn't mean giving up all of the treats, so remember:

- **Balance.** Portion candy with other healthy alternatives such as fruits, vegetables, crackers, pretzels, low-fat milk, granola bars
- **Eat Dinner.** Remember to feed your child a well-balanced dinner prior to trick-or-treating. This will prevent candy from substituting dinner as well as prevent overeating of treats.

Sensible Treats for Trick-or-Treaters

- Granola Bars
- Teddy Grahams
- Fruit Leathers
- Kudos Fruit & Nut Bars
- 100% Juice Boxes
- Sugarless Gum Packs
- Frito-Lay Munchies Kid Mix
- Packs of cheese & crackers
- Chex Mix
- Chocolate-covered dried fruit
- Honey Maid Cinnamon Sticks
- Welch's Fruit Snacks
- Rice Krispy Treats
- Animal crackers
- Nutrition bars such as NutriPals or Luna

Don't forget.... If you do decide to hand out candy on Halloween night, be sure to make more sensible choices:

Opt for low-fat. Choose candy such as Peppermint Patties, Three Musketeers, and Twizzlers. These all have less fat and calories than their counterparts and still taste great.

Size matters. Always offer fun-size or snack-size versions of candy to decrease the calories, fat and sugar content. Kids get a sugar fix without over-doing it.

More isn't always better. When handing out candy, don't give out multiple pieces or handfuls. Give out one fun-size candy bar or treat and then hand out a healthier option, such as a mini box of raisins or a pack of sugarless gum or candy.

A Year of Being Well

For the 2015 monthly health features, Get Healthy CT is going to feature a chapter every month from a wonderful book called A Year of Being Well produced by the Michael and Susan Dell foundation. This book contains messages from real families across the country on their journey to live healthier lives and is meant to be a guide for you and your family’s journey to better health. Use this guide to help meet your health goals and spark a discussion with your family, friends, coworkers and members of your community.

This book “is intended to help you take a single step – one each month for a year – toward healthy living. There are specific examples of how moms, dads, and kids cut down on sugar- sweetened beverages, ate more fruits and vegetables, became more physically active, and started movements in their schools and communities. These families have also shown us that being healthy doesn’t necessarily mean being thin. This new book is also meant to give you some resources where you can find even more information on eating and living better.” – Susan Dell

Para los artículos de salud mensuales 2015, Get Healthy CT va a presentar un capítulo cada mes de un libro maravilloso llamado A Year of Being Well (Un Año de Estar Bien) producido por la fundación de Michael y Susan Dell. Este libro contiene mensajes de familias reales de todo el país en su camino para vivir una vida más saludable y es para que usted lo use como guía mientras que usted y su familia continúan en su camino hacia una vida más saludable. Utilice esta guía para ayudarlo alcanzar sus metas de salud y para provocar una conversación con su familia, amistades, compañeros de trabajo y miembros de su comunidad.

Este libro “está diseñado para ayudarlo a dar un solo paso – uno cada mes durante un año – hacia una vida saludable. Contiene ejemplos específicos de mamás, papás, e hijos que redujeron su consumo de azúcar, bebidas endulzadas con azúcar, como comieron más frutas y verduras, emprendieron más actividad física, e iniciaron movimientos en sus escuelas y comunidades. Estas familias también nos han demostrado que estar sanos no significa necesariamente estar delgados. Este nuevo libro también es para brindarle algunos recursos donde pueda encontrar más información sobre comer y vivir bien.” – Susan Dell

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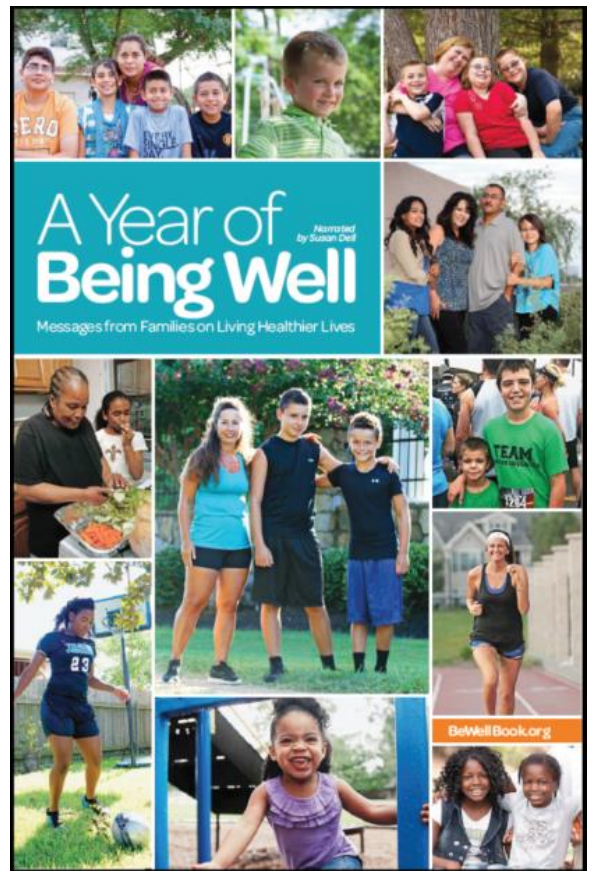
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Month 2: Get Smarter	Mes 2: Sea más inteligente
Month 3: Lead by Example	Mes 3 Guíe con el ejemplo
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Finally Reflect and Re-Plan	Finalmente reflexione y plane de nuevo

Get your free copy of *A Year of Being Well* at www.bewellbook.org.

Available in English and Spanish

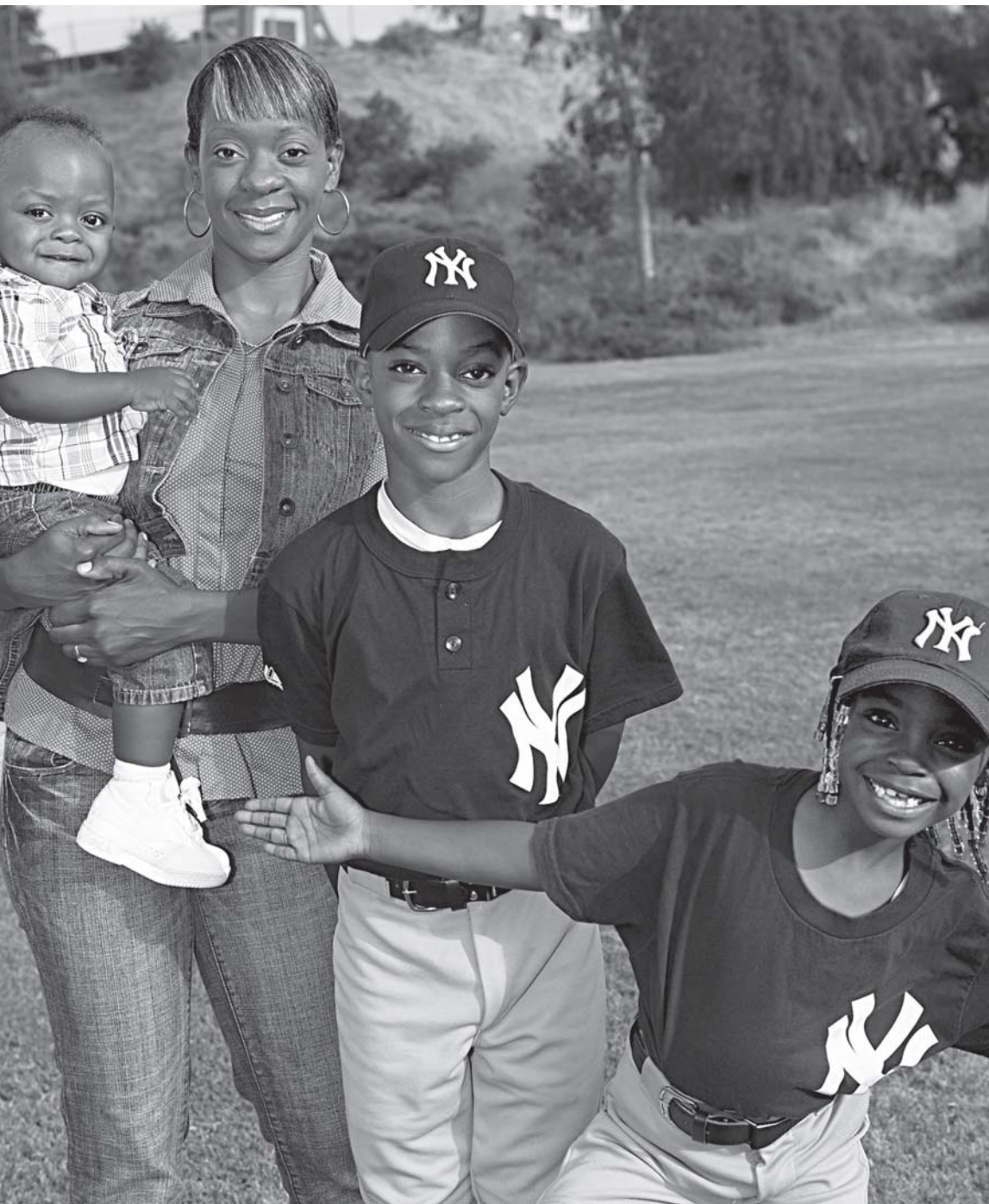
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EASY STEPS TO
be well
this month



At the end of each chapter, in [A Year of Being Well](#), there are “4 easy steps to be well this month.” Check out these simple tips from Get Healthy CT to help you take the 4 easy steps each month. All of the **resources are free** and provided by Get Healthy CT and their partners.

- 1 Find a buddy.** Eating better and being active with a friend makes it more **fun** and helps you stick to your goals.
- 2 Challenge a friend to meet you** at the grocery store, your local park, trail or even the mall (to walk) for a **healthy outing**.
- 3** Have a **backup plan** in case you’re not able to meet with your partner.
- 4 Let your children pick** an afterschool sport or other physical activity. The more involved they are the **more fun** they will have.



Make Friends and Buddy Up

Nutrition and fitness buddies can help you become more health conscious and encourage you to stick to your routine. Research shows that this is even true for kids: They tend to eat better and be more physically active if their best friends are, too. It also shows that people may be more successful losing weight through physical activity when they have partners or buddies.

Buddies can be family members, friends, or co-workers. Find someone you enjoy spending time with and commit to being more active and practicing healthy habits. Ideally, you'll find someone who has similar goals as you so you can truly motivate and challenge each other.

Eating better and being active with a friend makes it more fun!

– *Susan Dell*

Did you know?

Your chance of becoming obese increases 171 percent if a close friend is obese.
Behavioral Diabetes Institute

27 percent of young Americans are too overweight to serve in the U.S. military.
American Heart Association

Donnie

and his family

Donnie is a special education teacher from Boston whose own change in his habits motivated his longtime friends. The father of two young sons has learned how to turn his community into a walking trail for his entire family, using his legs to get him to and from the store, the park, and the riverfront. His positive attitude is contagious. — *Susan Dell*

“Getting into walking has been good for me, my family, and my friends. I started walking and changed my eating habits so much that I lost 54 pounds the first year! I kept track of how much I walked on a pedometer. Two miles here, two miles there — it all adds up.

It’s good time for us to spend together as a family and do things outside the house. We walk to the supermarket, get our groceries, and head home. Once my son started getting more active and moving, we started exploring parks, visiting spray parks, and walking along the river. We have a beautiful river where we stop and feed the ducks and look at the frogs. Or we go ‘off road’ and climb rocks and trees.

I’ve found that walking has also helped me utilize parts of the city I never used before I was a parent. It’s made me really appreciate where we live, which is good for my kids.

As a teacher, I started incorporating physical activity in my classroom because I saw the benefits for myself. And I try to be a role

model to others. I have friends I walk with that I’ve grown up with since elementary school. One of my buddies lives five houses away, and we walk several times a month together.

The friends I recruited to walk with me have kids about the same age as mine, so we load the kids up in the strollers and walk to the park or somewhere in our city where the kids can play. At first, I was more into it than my friends, but they saw the benefits that walking had on me, and they got more excited about it. My buddy, Dave, will now wear a pedometer like I do, and we compete to see who can walk the most miles in a certain period of time.

It’s great to spend that time walking with other dads because it also gives me a chance to talk about being a dad and share stories. I have two boys. Dave has two girls. We watch how our kids interact differently, and we’re amused by the ways they are so different. It’s great.”



MONTH 10:
Make Friends
and Buddy Up

Stevon

and his family

Even though Stevon is the facilities coordinator at the Coleman Park Community Center in Nashville and has access to workout facilities, it is hard to find time for this busy dad of two girls to exercise regularly. Stevon relies on a group of friends who meet five mornings a week to work out and encourage each other. They know the others will be there to motivate them and challenge them. And they’re all in better shape for it. Their children all know their dads workout every day and benefit from their healthy example. — *Susan Dell*

“I’m a former basketball player, but now working out is my sport. I meet a group of guys every day at 7:15 a.m. at the community center because it is an affordable place to work out in Nashville. It’s less than a dollar a day for an individual to join and use the facilities.

Our workouts consist of 45 minutes of circuit training and laps around the track. We go full force. No rest. We work on every muscle group each time. It’s a tough workout, but we pace ourselves and make sure we’re safe. A ‘challenging workout’ can mean different things to different people, so it’s important that we study and learn which exercises are

best suited to our bodies and will help us achieve our goals.

A lot of my friends are former athletes. Lots of the guys in the gym every day are guys I’ve known for years. We’ve built a friendship, and we like to see each other healthy and in better shape. Other people in the gym are inspired, I think, because they see a group of guys who are trying to keep an athletic, healthy build and stay in shape. They see that we’re doing it together. We respect each other and what the others are trying to accomplish. We’re role models for each other and for the kids in our community.”



Lakeysha

and her family

Lakeysha not only partners with friends and members of her church to stay active each week, she has partnered with her family to stay motivated and to keep one another accountable. Lakeysha knows that they'll all be more successful if they work together to lead healthier lives — and that means everyone wins! — *Susan Dell*

“When you find a buddy or partner, you can come together and keep each other accountable. I have a friend who has similar interests, and we keep each other in check. We both have families, so we can teach each other how to help our families be healthier.

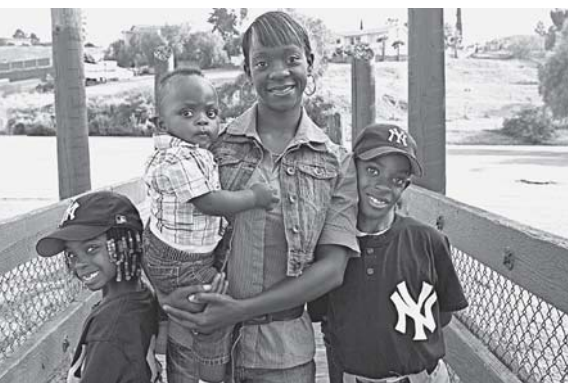
I have taught her about fruits and vegetables and the importance of eating them every day. I've tried to teach her about where to get healthy foods and about little tricks to make sure our families are getting enough servings every day. For example, I've taught her how to store fruits and vegetables to keep them fresh. I've shown her the trick of keeping fruit on the kitchen table so they are visible, making it is easy for her family to grab. We also work together to create recipes that the family likes that are healthy, too.

She teaches me new things, too, like how

to do a marathon because she is a triathlete. She's taken us hiking, and I'm showing her other ways to exercise. We keep each other accountable.

I think it is important for everyone to hook up with someone who is living a healthy life who can complement what you're doing on your own.

I think it is also important that you partner with your own family members to stay motivated. Try new activities together as a family. For my own family, I wanted to teach my kids about running and how to enjoy it. They didn't want to do it at first so I told them we can try running but also do other things they enjoyed, like swimming and skateboarding. They kept at the running and now we enjoy doing races together as a family.



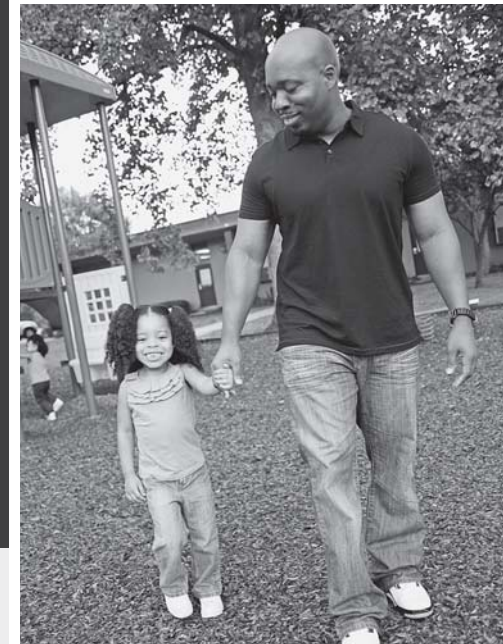
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EASY STEPS TO **be well** *this month*

- 1 Find a buddy:** Eating better and being active with a friend makes it more **fun** and helps you stick to your goals.
- 2 Challenge a friend to meet you** at the grocery store, your local park, trail, or even the mall (to walk) for a **healthy outing**.
- 3** Have a **backup plan** in case you're not able to meet with your partner.
- 4** **Let your children pick** an after-school sport or other physical activity. The more involved they are the **more fun** they will have!

Important tips:

- Small steps can have a big impact.
- Choose one or two steps to begin each month.



Resources

-  **PUBLICATION** *How to Be A Friend: A Guide to Making Friends and Keeping Them* (Dino Life Guides for Families) Laurie Krasny Brown, Marc Brown (Illustrator)
-  **MOBILE APP** FitnessFriend
-  **ORGANIZATION** WebMD www.webmd.com
-  **COMMUNITY** Your neighborhood park

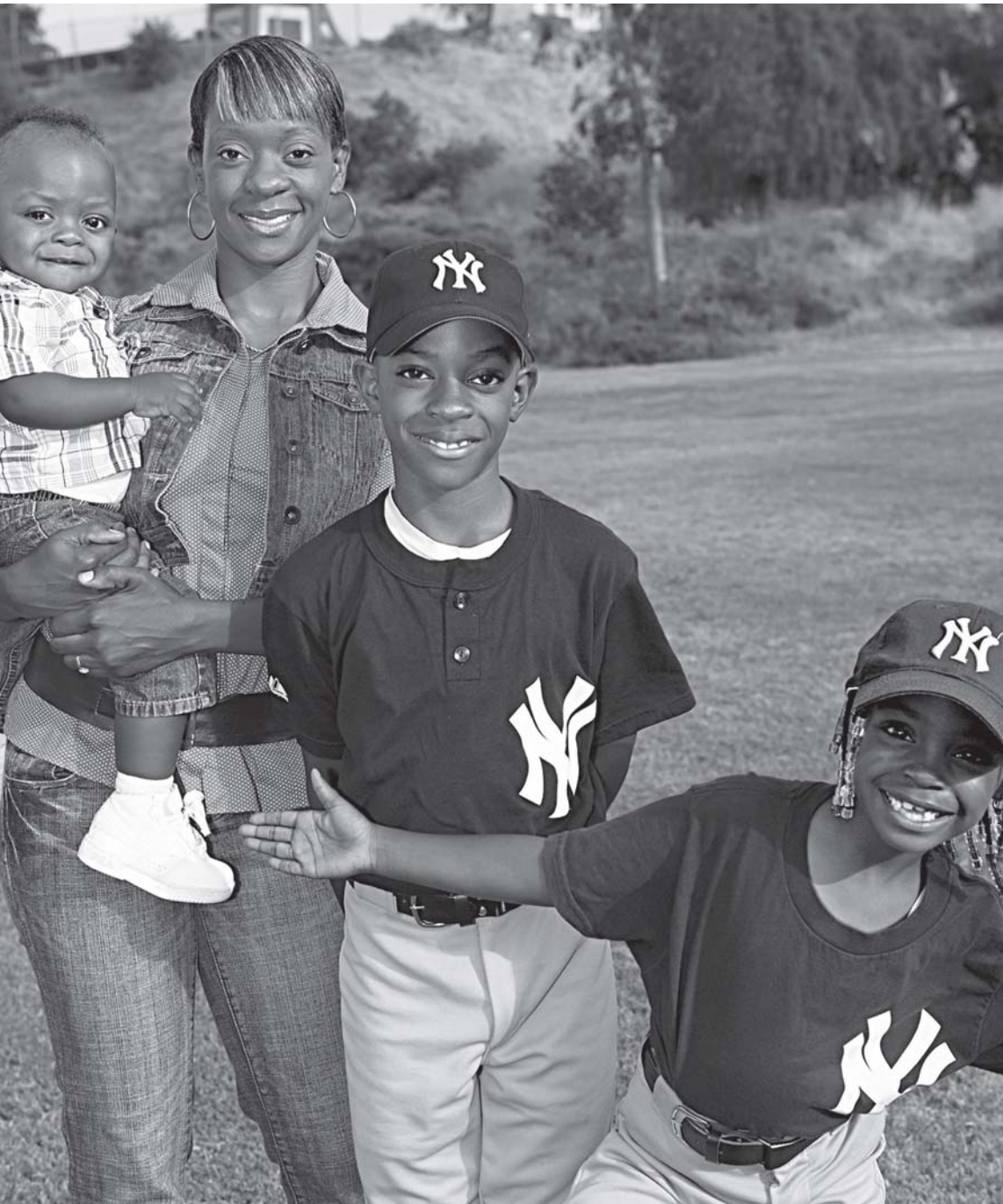


Haga amigos y compañeros de actividades físicas

Los compañeros de nutrición y acondicionamiento físico pueden ayudarle a estar más consciente de la salud y alentarlos para que se apegue a su rutina. Las investigaciones demuestran que esto es válido incluso para niños: tienden a comer mejor y a estar físicamente más activos si sus mejores amigos hacen lo mismo. También se ha demostrado que las personas podrían ser más exitosas en bajar de peso a través de la actividad física cuando tienen compañeros o amigos.

Los compañeros pueden ser familiares, amigos o compañeros de trabajo. Encuentre a alguien con quien disfrute convivir y comprométanse a estar más activos y practicar hábitos saludables. En condiciones ideales, encontrará a alguien con metas similares a las suyas, de modo que en verdad se puedan motivar y desafiar mutuamente.

¡Comer mejor y estar activo con un amigo es más divertido!
– Susan Dell



¿Sabía
usted
que...?

Sus probabilidades de volverse obeso aumentan en 171 por ciento si un amigo cercano está obeso.
Instituto del Comportamiento de la Diabetes

Veintisiete por ciento de los estadounidenses jóvenes tienen sobrepeso suficiente para que no puedan prestar servicio en las fuerzas militares de los EE. UU.
Asociación Americana del Corazón

Donnie

y su familia

Donnie es un maestro de educación especial en Boston cuyo cambio de hábitos motivó a sus amigos de hace mucho tiempo. Padre de dos niños, ha aprendido a convertir su comunidad en un sendero de caminata para toda su familia, y usa las piernas para ir y venir a la tienda, el parque y la ribera. Su actitud positiva es contagiosa. — Susan Dell

“Ponerme a caminar ha sido bueno para mí, mi familia y mis amigos. Empecé a caminar y cambié mis hábitos de alimentación, ya tal punto que bajé 24.5 kg (54 libras) en el primer año! Llevo el control de cuánto camino en un cuentapasos. Dos millas por aquí, dos millas por allá; todo se acumula.

Es bueno que pasemos tiempo juntos como familia y hagamos cosas fuera de la casa. Caminamos al supermercado, compramos los abarrotes y regresamos a casa. Una vez que mi hijo empezó a estar más activo y en movimiento, empezamos a explorar parques, visitar parques acuáticos y caminar a lo largo del río. Tenemos un hermoso río, donde nos detenemos, alimentamos a los patos y vemos a las ranas. O nos vamos en plan de ‘todo terreno’ y trepamos rocas y árboles.

Me he dado cuenta de que caminar me ha ayudado a utilizar partes de la ciudad que nunca usé antes de ser padre. Esto ha hecho que realmente aprecie el lugar donde vivo, lo cual es bueno para mis hijos.

Como maestro, empecé a incorporar la actividad física en mi aula porque vi los beneficios que me trajo a mí. Y trato de ser un

modelo de conducta para otras personas. Tengo amigos con los que camino, a los que conozco desde la primaria. Uno de mis compañeros vive a cinco casas de distancia y caminamos juntos varias veces por mes.

Los amigos que recluto para caminar conmigo tienen hijos de casi la misma edad que los míos, de modo que subimos a los niños en las carreolas y caminamos al parque o a algún lugar de la ciudad donde los niños puedan jugar. Al principio, estaba más entusiasmado con esto que mis amigos, pero vieron los beneficios que caminar me traía y se entusiasmaron más al respecto. Mi amigo Dave ahora también usa un cuentapasos como yo, y competimos para ver quién camina mayor distancia en un cierto período.

Es muy bueno pasar el tiempo caminando con otros padres, ya que también me brinda la oportunidad de hablar acerca de la paternidad y compartir historias. Tengo dos niños. Dave tiene dos niñas. Observamos la manera en que nuestros hijos interactúan de manera diferente y nos divertimos con las diferencias que hay entre ellos. Es sensacional”.



MES 10:
Haga amigos y compañeros
de actividades físicas

Stevon

y su familia

Aunque Stevon es coordinador de instalaciones en el Centro Social Parque Coleman en Nashville y tiene acceso a instalaciones de entrenamiento, a este ajetreado padre de dos niñas le resulta difícil encontrar tiempo para ejercitarse con regularidad. Stevon recurre a un grupo de amigos que se reúne cinco mañanas por semana para ejercitarse y alentarse mutuamente. Saben que los otros miembros del grupo estarán allí para motivarlos y desafiarlos. Y todos están en mejor forma gracias a esto. Sus hijos saben que sus papás se ejercitan todos los días y se benefician de su ejemplo saludable. — Susan Dell

“Aunque fui jugador de baloncesto, ahora mi deporte es ejercitarme. Me reúno con un grupo de amigos todos los días a las 7:15 a.m. en el centro social porque es un lugar costeable para ejercitarse en Nashville. Cuesta menos de un dólar diario por persona inscribirse y usar las instalaciones.

Nuestro ejercicio consiste en 45 minutos de entrenamiento en el circuito y vueltas a la pista. Vamos a toda máquina. Sin descanso. Ejercitamos cada grupo muscular en cada ocasión. Aunque es un ejercicio intenso, ajustamos el ritmo y nos aseguramos de estar bien. Un ‘ejercicio desafiante’ puede significar cosas distintas para personas diferentes, de modo que es importante que estudiemos y aprendamos cuáles ejercicios son más ade-

cuados para nuestro cuerpo y nos ayudarán a lograr nuestras metas.

Muchos de mis amigos fueron atletas. Muchas de las personas en el gimnasio todos los días son amigos que he conocido durante años. Hemos forjado una amistad y nos gusta vernos los unos a los otros sanos y en mejor forma. Otras personas que están en el gimnasio se sienten inspiradas, creo, porque ven a un grupo de amigos que tratan de mantener una complexión atlética y saludable, además de mantenerse en forma. Ven que lo hacemos juntos. Nos respetamos mutuamente y respetamos lo que otros intentan lograr. Somos modelos de conducta unos para los otros y para los niños en nuestra comunidad”.



Lakeysha

y su familia

Lakeysha no solamente se pone de acuerdo con sus amigos y miembros de su parroquia para mantenerse activa cada semana, sino que también lo hace con su familia, para mantenerse motivados y rendirse cuentas unos a otros. Lakeysha sabe que todos tendrán más éxito si colaboran para llevar una vida más saludable, ¡lo cual significa que todos ganan! – *Susan Dell*

“Cuando encuentras una compañera o socia, pueden estar activas juntas y rendirse cuentas una a la otra. Tengo una amiga con intereses similares y nos vigilamos mutuamente. Ambas tenemos familia, de modo que nos podemos enseñar mutuamente cómo ayudar a nuestras familias para que estén más sanas.

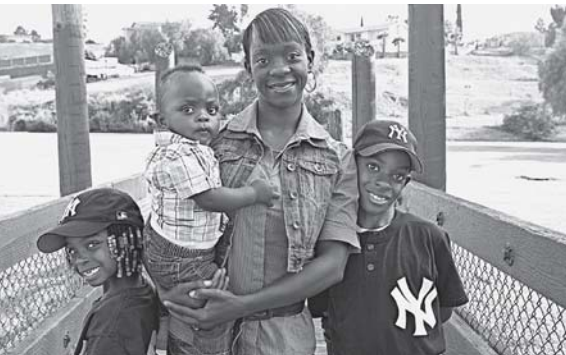
Le he enseñado acerca de las frutas y verduras y de la importancia de comerlas todos los días. He tratado de enseñarle dónde obtener alimentos saludables, así como pequeños trucos para asegurarnos de que nuestras familias los reciban en raciones suficientes todos los días. Por ejemplo, le enseñé cómo guardar las frutas y verduras para mantenerlas frescas. Le mostré el truco de mantener la fruta sobre la mesa de la cocina para que esté visible, lo cual hace fácil que su familia agarre una fruta en cualquier momento. También trabajamos juntas en la creación de recetas que gusten a la familia y

sean saludables.

Ella también me enseña nuevas cosas, como correr un maratón, ya que es triatleta. Nos lleva a excursiones y yo le muestro otras formas de ejercitarse. Nos rendimos cuentas mutuamente.

Creo que es importante que cada persona se relacione con alguien que lleva una vida saludable y que pueda complementar lo que usted está haciendo por su propia cuenta.

Creo que también es importante aliarse con los miembros de su propia familia para mantenerse motivado. Intenten nuevas actividades juntos, como familia. En el caso de mi familia, quería enseñar a mis hijos sobre la carrera y cómo disfrutarla. No querían hacerlo al principio, de modo que les dije que podíamos hacer la prueba de correr, pero también hacer otras cosas que ellos disfrutaban, como nadar y patinar. Continuaron corriendo y ahora disfrutamos juntos las carreras, como familia”.



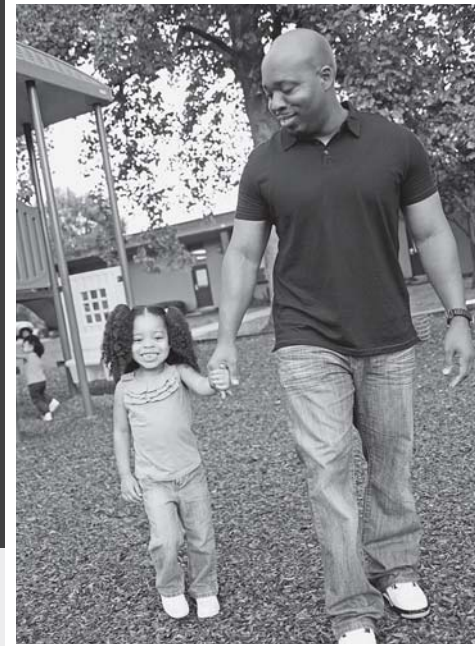
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PASOS FÁCILES de este mes para estar bien

- 1 Encuentre un compañero de actividad física:** comer mejor y mantenerse activo con un amigo hace que sea más **divertido** y sirve para que se apegue a sus metas.
- 2 Póngase de acuerdo con un amigo** para verlo en la tienda de abarrotes, el parque de la localidad, un sendero o incluso un centro comercial (para caminar) y tengan una **salida saludable**.
- 3 Cuente con un plan de respaldo** por si acaso no puede verse con su amigo.
- 4 Permita a sus hijos seleccionar** un deporte u otra actividad física para después de clases. Cuanto más participen en la decisión, **¡más diversión** tendrán!

Consejos importantes:

- Los pasos pequeños pueden tener un gran impacto.
- Elija uno o dos pasos para iniciar cada mes.



Recursos



PUBLICACIÓN

How to Be A Friend: A Guide to Making Friends and Keeping Them (Guías de la Vida de Dino para las Familias)
Laurie Krasny Brown,
Marc Brown (Ilustrador)



APLICACIÓN
MÓVIL

FitnessFriend



ORGANIZACIÓN

Doctor en Internet
www.webmd.com



COMUNIDAD

El parque de su barrio










OCTOBER



Get Moving Today!

ACTIVITY CALENDAR

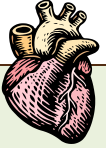







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kick off the new month by practicing your kicking skills. Kick – chase – kick again.	Fold a towel or newspaper and put in on the floor. Pretend it is a puddle that you are going to leap over. Each time you leap over it make it a little bit bigger.	Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot. Which is the farthest?	Create a movement sequence – hop, twist, reach – and then do it together. Say the words as you do the motions.	Jumping obstacle course: Line up pillows across the floor and try to jump from one to another without touching the floor.	Pretend to be airplanes. Start out on the floor, pushing yourself up and down with your arms to start your engine. Next stand up, with arms out as wings, fly all over the place.	Feel your heart. Walk for five minutes, feel your heart again. Is it beating faster? Why? 
Clean up! Spread out a bunch of small items in a room. Crab walk to each item, put the item on your tummy, crab walk the item to a new spot.	Use recycled newspapers and crunch up pieces, making paper balls. Practice throwing the balls into a box. Throw from different distances and angles.	Using the paper balls from yesterday practice self tossing and catching. Can you clap between catches?	Turn your favorite music on and make up a sequence of dance moves. Share them with someone! 	Using a pool noodle create a jumping challenge. Place the noodle on the floor and jump over it. Next move the noodle slightly off the floor and jump over it.	Roll up a pair of socks. Try to balance the socks on different parts of your body as you move throughout space. Try to move around, over and under things.	"At the Zoo". Take turns naming an animal. Try moving around just as that animal would.
Go for a color walk outside. As you walk keep track of the different colors you see and then when you return home draw a picture using those colors. 	 Rake piles of leaves & jump into them!	Outdoor dramatic play: Fly like birds – high and low and fast and slow. Pretend to fly south for the winter and return in the spring!	Go on a rock hunt and sort the rocks you find by size or color.	Read nature-related books and go outside to look for wildlife, like birds, bugs and squirrels. Nature is all around – no matter where you live! 	Play I Spy! Go outside and take turns saying, "I spy something ____" and then together run to that object.	Pick up some sticks around the yard, line them up and jump over them 
Get outside again! Go on "an around" walk. Walk around your house, walk around a light pole, walk around a leaf on the ground...	Musical Freeze: Have someone turn the music on and off. When it is on you must dance and move, but when it is shut off you must balance and freeze.	Galloping Fun: Find something around the house that could be your horse (broom, hockey stick, wrapping paper tube). Go for a horse ride as you walk, run, and gallop.	Pathway locomotion challenge! Choose a start and finish. Choose a way to move (walk, run, skip, robot etc.). Choose a pathway – either straight, curvy or zigzag.	Pretend to be a cloud as your float around outside. Change your shape as you move through space. 	Turn on some music and make up some new moves. Try to move high, low, big and small.	Transportation Travels! Take turns naming a different type of transportation and then pretend to move that way. Such as a train, bike, car, etc.
Do the Twist! Sit or stand on a t-shirt and twist away.	Practice your ball rolling skills, by rolling a ball into a box set on its side or rolling a ball to knock over obstacles.	Run and Touch: Have someone identify a part of your body and a number – now, run and touch that many items using that body part (i.e. touch eight things with your elbow).	Take a break and stretch, reach and bend as you take big breaths.	Connect to someone else and try moving together in different ways. How long can you stay connected?	Stretch as big as you can. Curl up as small as you can. Now explode back to being as big as you can	Go back and do your favorite activity from this month!

OCTUBRE



"A Moverse Hoy"!

CALENDARIO DE ACTIVIDADES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pon en marcha el nuevo mes practicando tus habilidades de patear. Patea – persigue – vuelve a patear.	Dobla una toalla o periódico y colócalo en el piso. Pretende que es un charco sobre cual saltaras. Cada vez que saltas sobre el charco, hazlo más y más grande.	Encuentra un punto de partida fuera o dentro y elige diferentes lugares a donde ir. Cuenta cuantos pasos se necesita para llegar a cada lugar. ¿Cuál es el más lejano?	Crema una secuencia de movimientos– salta, dóblate, levanta el brazo – y hazlo todo junto. Di las palabras mientras haces los movimientos.	Pisa de obstáculos para saltar: Alinea almohadas en el suelo y trata de saltar de una a otra sin tocar el suelo.	Pretende ser un avión. Empieza en el suelo, empujando tu cuerpo, hacia arriba y abajo con tus brazos para prender el motor. Luego párate, con los brazos extendidos como alas, vuela por todo lado.	Siente tu corazón. Camina por cinco minutos, siente tu corazón nuevamente. ¿Esta latiendo más rápido? ¿Por qué?
¡A limpiar! Esparce varios objetos pequeños en una habitación. Camina como cangrejo hacia cada objeto, pon el objeto en tu barriga, camina como cangrejo y pon el objeto en un nuevo lugar.	Usa periódico reciclado y haz bolas de papel. Practica tirando las bolas dentro una caja. Tira de diferentes distancias y ángulos.	Usando las bolas de papel de ayer, practica tirándolas al aire y agarrándolas. ¿Puedes aplaudir mientras una bola esta en el aire?	Toca tu música favorita y crea una secuencia de movimientos de baile – ¡Compártelos con alguien!	Usa un tubo flotante para crear desafíos de salto. Pon el tubo en el suelo y salta sobre él. Luego alza el tubo un poquito y salta sobre él.	Enrolla un par de calcetines en una bola. Trata de balancear los calcetines en diferentes partes del cuerpo mientras te mueves. Trata de moverte alrededor, encima de o debajo de cosas.	 "En el zoológico". Toma turnos nombrando un animal. Trata de moverte como lo haría ese animal.
Ve de caminata de colores afuera!. Mantiene un registro de los diferentes colores que ves mientras caminas. Cuando llegues a casa dibuja algo usando los colores que viste.	Rastrillar las hojas y arrojarse a la pila. 	Juego imaginario al aire libre: vuelen como los pájaros: alto, bajo, rápido y despacio. ¡Hagan de cuenta que vuelan al sur para pasar el invierno y regresan en la primavera!	 Salgan a buscar rocas y clasifíquenlas por su color o tamaño.	Lean libros sobre la naturaleza y salgan a explorar la fauna y la flora: los pájaros, los insectos y las ardillas. ¡La naturaleza los rodea, vivan donde vivan!	 Jueguen "Puedo ver..." Túrnense para salir y decir: "Puedo ver un/una..." "____" y corran juntos hacia ese objeto.	Recoge algunos palos por el rededor de tu patio, alinéalos y salta sobre ellos. 
¡Sal afuera de nuevo! Ve de caminata por "alrededor". Camina alrededor de tu casa, alrededor de un poste de luz, camina alrededor de una hoja en el suelo... 	Congelarse a la de Música – Pide a alguien que prenda y apague la música. Cuando este prendida debes bailar y moverte, pero cuando la apagan debes balancearte y quedar congelado.	Diversión Galopeando – Encuentra algo alrededor de tu casa que puedas usar como tu caballo (escoba, palo de hockey, tubo de papel de regalo). Monta a caballo mientras caminas, corres, o galopeas.	¡Desafío de camino de locomoción! Escoge cual será el punto de comienzo y final. Escoge una manera de moverte (camina, corre, salta, robot, etc.). Escoge un camino – ya sea recto, curvado o en zigzag.	 Pretende ser una nube mientras flotas afuera por el aire. Cambia tu forma mientras te mueves por el espacio.	Prende música y crea algunos movimientos nuevos. Trata de moverte alto, bajo, en forma grande y pequeña.	¡Viajes de Transportación! Tomen turnos nombrando diferentes tipos de transportación y luego pretendan moverse como tal. ¿Qué tal como tren, bicicleta, carro, etc.?
¡Baila el "Twist"! Siéntate o párate encima una camiseta y baila el "twist".	Practica tus habilidades de rodar, rodando una pelota dentro una caja que este echada en el piso de un lado o rodándola para boltear obstáculos.	Run Corre y Toca – alguien nombra una parte del cuerpo y un número – ahora, corre y toca ese número de objetos usando esa parte del cuerpo (ej.: toca 8 cosas con tu codo).	Toma un descanso y estírate, alcanza y dóblate mientras que respiras profundamente.	Conéctate con alguna otra persona y traten de moverse en diferentes maneras. ¿Cuánto tiempo se pueden quedar conectados? 	Extiéndete lo más que puedas. Acurrúcate lo más que puedas. Ahora explota y nuevamente extiéndete lo más que puedas.	¡Vuelve a hacer tu actividad favorita de este mes!

THE COLOR RUN™

The
Happiest 5K
ON THE PLANET



The Color Run is coming to Bridgeport and Get Healthy CT is encouraging everyone to join our team!

The Color Run is a five-kilometer, untimed race in which participants are doused from head to toe in different colors at each kilometer. There are only two rules which are easy to follow: 1. Wear white at the starting line 2. Finish plastered in color! This is not a competitive race, but a fun run-walk. It is a great way to be healthy and have fun.

Get Healthy CT is encouraging everyone to participate. If you join our Get Healthy CT team when you register, you will get a free wristband key holder at the race. Even more, one of our partners, the Bridgeport YMCA, is the official charity for the Color Run. If you donate to them, you will save \$5.

How to register:

- 1) Go to www.thecolorrun.com/Bridgeport and register for the race as a team runner -- pick the Get Healthy CT Team. (Race fees increase September 1st, so register early).
- 2) In the Donate section, sign-up to donate at least \$5 to the YMCA.
- 3) On the next screen, enter coupon code RUNYMCA and you will get a \$5 credit for your donation.
- 4) On the day of the race, stop by the Get Healthy CT booth and pick up your wristband.
- 5) Have fun!

Saturday, October 17th at 9:00 am

Ballpark at Harbor Yard
500 Main Street, Bridgeport



www.GetHealthyCT.org



THE COLOR RUN™

The
Happiest 5K
ON THE PLANET



¡LA CARRERA DE COLORES vendrá a Bridgeport!

¡Get Healthy CT quiere que se anime a unirse a nuestro equipo!

La Carrera de Colores tiene un circuito de cinco kilómetros, sin límite de tiempo y no habrán ganadores. Durante la carrera participantes serán empapados desde la cabeza a los pies con diferentes colores en cada kilómetro. Hay sólo dos reglas que son fáciles de seguir: 1. Vestir de blanco en la línea de comienzo. 2. ¡Acabar la carrera cubierto en colores! Esto no es una carrera competitiva, sino una divertida carrera-caminata. ¡Mejore su salud y diviértase!

¡Get Healthy CT nos invita a todos a participar! Cada participante que se inscribe con el equipo de Get Healthy CT recibirá un llavero pulsera gratis en la carrera. Aún más, uno de nuestros socios, Bridgeport YMCA, es la caridad oficial para el funcionamiento del Color Run. Si usted dona a ellas, usted ahorrará \$5.

Como registrarse para la carrera:

- 1) Visite www.thecolorrun.com/Bridgeport y regístrese como participante del equipo—escoja el equipo Get Healthy CT. (El costo de la carrera aumentara el 1 de septiembre, así que regístrese temprano).
- 2) En la sección de Donar, inscribáse para donar por los menos \$5 al YMCA.
- 3) En la siguiente pantalla, introduzca el código de cupón RUNYMCA y obtendrá un crédito de \$5 por su donación.
- 4) El día de la carrera, visite la mesa de Get Healthy CT y obtenga su llavero pulsera.
- 5) ¡Diviértase!

Sábado, 17 de octubre, a las 9:00 am

Ballpark at Harbor Yard

500 Main Street, Bridgeport



www.GetHealthyCT.org

