GET HEALTHY & WIN PRIZES!

HOW TO PARTICIPATE

Sign up for BeHealthy5 at Newark Library or by e-mailing btelford-ishida@aclibrary.org. Complete and check off 12 physical activities in April. Bring completed checklist to the Information Desk at Newark Library by May 7 to get a prize and fill out a grand prize entry for gift certificates to local stores.

CHECKLIST FOR PHYSICAL HEALTH

Physical health means more than diet, exercise and controlling risk factors. Studies show that happy people are physically healthier and live longer. Include some mental, social, spiritual and financial health activities!

- Attend a free Library program
- Join the Newark Library Wii League
- Borrow and use an exercise or sports dvd or book...
- Borrow and play a game (badminton, croquet...)
- Walk, hike, swim or bike with someone
- Use a pedometer
- Practice a martial art or health movement
- Join an exercise group or class
- Practice yoga
- Work out acrobically
- Try a gym or work out at yours
- Play games or sports
- Do housework or garden
- Dance
- Take the East Bay Regional Parks Trails Challenge (www.ebparks.org)
- Meditate or pray
- Practice a relaxation or deep breathing technique
- Do a stretching exercise
- Listen to music
- Laugh
- Get sufficient sleep
- According to the USDA food pyramid (mypyramid.gov)
- Grains and complex carbohydrates
- Fresh fruit and vegetables, including dark green leafy
- With someone
- Using utensils
- Trans fats and red meat
- Empty calories
- Processed foods
- To maintain a healthy weight
- Blood pressure
- Cholesterol
- Risk factors such as smoking & alcohol intake
- Your hours of work
- Have a medical checkup

FRIENDS ARE FREE

Go out with a friend and save! Local restaurants are offering two-for-one entrees to BeHealthy5 participants. Get your card and coupons when you sign up for BeHealthy5 at Newark Library. Participating: Bombay Garden, Chevy’s, Kabul Express Kabob & Mehran, Indian and Pakistani.

YOUR CHOICE

Choose physical health tips from the Yahoo! group BeHealthy5 or add your own. My tip is:

____________________________________
____________________________________
____________________________________
____________________________________
____________________________________
____________________________________
____________________________________