

Bringing people together to create a healthy community in the Fox Valley.

## January 2018 Newsletter



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Follow us today for daily tips,  
recipes, and healthy events near  
you!



## Calendar

Wake Up with Weight of the Fox  
Valley

**Register now!**

Friday, Feb. 9th, 7:30 - 9:00am  
Bridgewood Conference Center  
1000 Cameron Way, Neenah, WI

## New Year, New You!



2018 is here! What is your New Years Resolution?

Many resolutions pertain to diet, exercise or weight loss goals, which can be very overwhelming and difficult to maintain. Statistics show that less than 8% of individuals are able to keep up with their goals!

Focusing on one healthy substitution is a great way to form healthy habits that can last a lifetime. Some examples include:

- Eating one more fruit or vegetable a day
- Drinking more water and less sugar-sweetened beverages
- Being active at work by parking farther away, taking the stairs, or going on a short walk during break
- Cooking more family meals together
- Go to bed 15 minutes earlier
- Take a break from your phone and focus on you
- Track your progress with these Free Health and Fitness Apps

For a great way to make a simple and attainable goal,  
**Take the Pledge Today!**

**Food Systems Action Team****Register now!**

Friday, Feb. 9th, 9:15- 11:00am  
 Bridgewood Conference Center  
 1000 Cameron Way, Neenah, WI  
 54956

**Worksite Collaboration Meeting**

Tuesday, Feb. 20, 8:00 - 10:00am  
 Environmental Center at Gordon Bubolz  
 Nature Preserve  
 4815 N Lynndale Dr, Appleton, WI  
 54913  
 Open to current members or anyone  
 interested in worksite wellness.  
 To register, please [contact us](#)

**Early Care & Education Action Team**

Monday, Feb. 26, 12:30-2:30pm  
 United Way Fox Cities  
 1455 Midway Road, Menasha, WI  
 54952  
 Open to current members or anyone  
 interested in Early Care & Education.  
 To register, please [contact us](#)

**Active Communities Action Team**

Tuesday, Feb. 27, 7:30-9:30am  
 Winnebago County Health & Human  
 Services Building  
 211 N Commercial St, Neenah, WI  
 54956  
 Open to current members or anyone  
 interested in creating an active  
 community.  
 To register, please [contact us](#)

**Healthy Food for All!**

Please join us for our first Wake Up with Weight of the Fox Valley event in 2018! We are pleased to announce that David Lee, Executive Director at [Feeding Wisconsin](#), will be our keynote speaker.

David will talk about how we can work together to increase access to healthy and affordable food for all people of our community. Join us to learn about challenges and opportunities in the quest for a better food system, and how to build capacity and networks so that all families can eat affordably and healthfully.

Immediately following David's presentation, we will convene the Food Systems Action Team from 9:15 - 11:00 A.M. to brainstorm opportunities to address obesity through food systems work. Anyone interested in supporting a sustainable, healthy food system through policy and environmental change is welcome and encouraged to attend. Your perspective and input are important to help create a healthy food system in the Fox Valley!

**Register Today!**

**Calendar**

**Eat Well for Less!**



Weight of the Fox Valley now has a public calendar! If you know of a free, health-related event in the Fox Valley, [submit it here!](#)

## Emerging Leaders Valentine's Family Festival



Join United Way Fox Cities Emerging Leaders on Saturday, Feb. 10th for their annual Valentine's Family Festival. Free admission to the public and lots of fun and games for children. WOTFV will have a booth there so don't forget to stop by! For more information, [click here](#).

## Food Fight

Old-Fashioned Rolled Oats vs.  
Instant Oatmeal



January's recipe of the Month is Tilapia with Roasted Brussel Sprouts! A mouth-watering dish that your family will love! Click [here](#) for the recipe.

As part of our Eat Well for Less program, all ingredients are less than \$12 to feed a family of four! Eat Well for Less are nutritious meal recipes that typically include a main dish, side dish, and beverage and follow ThedaCare nutrition guidelines. Learn more and [find recipes here](#).

## Winter Olympics



With the Winter Olympics kicking off on Friday, February 9th, get in spirit by holding your own family Olympics! If you have the gear to go outside for ice skating, skiing, or hockey there are many places in the Fox Valley for you to go. On the coldest days, a great alternative is to hold the Olympic games in your house!

Here is how:

1. Hockey- You can try hockey for free at these [locations](#) or create an indoor version of [broom hockey](#).
2. Skating- Click here for a [great resource](#) of ice skating rinks in the Fox Valley. Otherwise you can invent your own figure skating, speeding skating and cross country courses with this helpful [guide](#).



Oatmeal is a breakfast essential for many, with the convenience and versatility to fit everyone's taste buds. But not every type of oatmeal is created equal. Click [here](#) to find out who wins this [Food Fight](#).

3. Skiing- Check out slopes and hills near you to take your family skiing. For a cheaper option, make your own skis out of towels, paper, or socks and have your [family relay or team race](#).
4. Sledding- Instead of bobsledding, take your family to a nearby hill or local [park](#) to sled.

Enjoy watching these winter Olympics as a family and be inspired to create your own!

### Questions?

Contact: Sarah Wright  
[Sarah.Wright@UnitedWayFoxCities.org](mailto:Sarah.Wright@UnitedWayFoxCities.org)

We appreciate your continued interest in creating a community that together achieves and maintains a healthy weight at every age.

If you know others that would like to receive this newsletter [please email us](#).



[Visit our website!](#)

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