

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

**February 2018
 Newsletter**



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Follow us today for daily tips,
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Calendar

Worksite Wellness Made Easy
 Tuesday, March 20, 8:00 - 10:00 am
 Bubolz Nature Preserve, 4815 N
 Lynndale Dr, Appleton
 Open to current members or anyone
 interested in worksite wellness!
 To register, please [contact us](#)

Keep Your Heart Healthy!



February is Heart Month and as we near the end of this month, its important to remember to take care of your heart all year long! This is the perfect time to analyze what you may or may not be doing to keep your heart in tip top shape. Heart disease is the leading cause of death in the U.S. This is a disease that primarily occurs in older adults, but more instances of heart disease are being seen in younger adults. [According to the CDC](#), on average, U.S. adults have hearts that are 7 years older than they should be.

Individuals who have high blood pressure, high blood cholesterol, and/or smoke have a higher risk for developing heart disease. Some other contributing factors include obesity, diabetes, physical inactivity, and unhealthy eating habits. The good news is you can control or manage many factors that lead to heart disease. These factors can be positively influenced by increasing daily physical activity along with a well-balanced diet.

Check out these tips from [Cleveland Health Clinic](#) on improving heart health-

- Drink plenty of water.

Early Care & Education Action Team

Monday, March 26, 12:30-2:30 pm
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, April 24, 7:30-9:30 am
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](#)

Wake Up with Weight of the Fox Valley

Save the date!

Friday, May 11, 7:30 - 9:00 am
Bridgewood Conference Center-
1000 Cameron Way, Neenah, WI
54956

- Break up long periods of sitting with standing or short exercises.
- Meditate.
- Incorporate a variety of color into your diet with fruits and vegetables.
- Get 7-9 hours of sleep per night.
- Practice good dental hygiene, especially flossing your teeth daily.
- Avoid secondhand smoke.

If you are between the ages of 30 and 74 and would like to try the Heart Age* Predictor Using BMI, visit this [link](#).

WOTFV BMI Data Release



Worksite Wellness Made Easy



Save the date for Tuesday, March 20th from 8-10 AM at Bubolz Nature Preserve.

If you are a Worksite Wellness Professional or in charge of wellness at your organization, then this is an event for you. We will be covering how to create a wellness interest survey along with a take-home "Meals In A Jar" presentation!

Click [here](#) for more information.

Weight Problem in Fox Valley Bigger than We Thought

New data reveals some troubling news for the Fox Valley community; we're heavier than we thought! The hard truth is that 3 out of 4, or 75% of Fox Valley adults have a body mass index that classifies them as overweight or obese, according to this newly released data.

The new healthcare data also shows that 29% of youth in the tri-county area are overweight or obese; a fact that is particularly concerning when considering the potential impact on the health of our children now and throughout their lifespan.

To read more about the BMI data, [click here](#).

Thanks to Ascension, Aurora and ThedaCare for your collaboration to make this possible!



Tip of the Month



Since February is Heart Health Month, check out this [helpful tip](#) on how to incorporate healthy fats into your diet. It could be as easy as switching the cooking oil you use!

Eat Well for Less!



Try this yummy and healthy twist of mac n cheese! Cheesy Tuna Mac takes only 20 minutes to cook and will satisfy all your cheese cravings. [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.](#)

Food Fight

[Canned vs. Frozen Produce](#)



When produce isn't in season, canned or frozen fruits and vegetables can be an inexpensive alternative.

However, one of these packaging options trumps the other. Find out who wins this Food Fight, [here.](#)

Photos from Wake Up with WOTFV



WOTFV in the Community



This past month, Weight of the Fox Valley hosted a booth at the [Emerging Leaders Valentine's Family Festival](#).

We led physical activity games with the kids, handed out healthy recipes and gave away prizes!

The first Wake Up with WOTFV Breakfast Event of 2018 was a success! A big thank you to David Lee, Executive Director of Feeding Wisconsin. David discussed the importance of working together to increase access to healthy and affordable food for all people of our community.

Also, thank you to Stephanie from Kimberly Clark for leading the energy break!

Save the date for our next Wake Up Event on Friday, May 11th!

Questions?

Contact: Sarah Wright
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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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