

Community Happenings

- April 2nd, Community Connections, CMH room #2, 12 noon.
- April 3rd, Polk County Health Center Relay for Life Fundraiser—Pictures with the Easter Bunny, 1-7:30 pm, cost is \$5, call 326-7250.
- April 4th, Alpha House Walk for Life, Frisco Highline Trail, 9 am, call 777-5433.
- April 7th—VOTE
- April 8th—National Start Walking Day, Mayor’s Walk begins again, noon at the Senior Center Walking Trail.
- April 12th—Easter Sunday.
- April 17th—Go Blue Day, wear blue and make a donation to Missouri KidsFirst for child abuse prevention.
- April 18th—Frisco 50 ultramarathon, relay, 10 mile walk/run, call 459-9340.
- April 18th—MS walk, Citizens Memorial Hospital.
- April 25th—YMCA Healthy Kids Day.
- April 25th—Hickory County HAC 5k trail run, 9 am, call 745-2138.

start! National Start! Walking Day



People are less active due to technology, transportation, etc...;

Sedentary jobs have increased 83% since 1950;

And almost 65% of American Adults are overweight or obese.

These are just a few reasons to Start! Walking.

The American Heart Association

is encouraging everyone to support health by promoting walking.

By walking you’ll gain about two hours of life for each hour of regular exercise;

Walking for as little as 30 minutes a day provides heart health benefits;

And walking has the lowest drop

PCHC NEWS

April 2009

POLK COUNTY HEALTH CENTER
1317 W BROADWAY, BOLIVAR
417/326-7250

out rate of any physical activity.

Wear your sneakers and Start!

Walking on April 8th.

Enjoy heart healthy foods like fruits, vegetables, lean meats, and whole grains.

Walk at least 30 minutes every day!

For more info go to www.heart.org.

MAYOR’S ‘WALK & TALK’ BEGINS AGAIN



Mayor Charles Ealy will once again start his weekly Walk & Talk.



Mayor Ealy’s goal is to incorporate exercise with his daily duties of being available to the community for any issues they want to discuss.



The Walk & Talk will kick off on Wed. April 8th, National Start! Walking Day at 12 noon on the

Senior Center Walking Trail, 1840 W Broadway, Bolivar.

The Volunteer Firefighters will also be kicking off their walking program on Tues. April 6th, at 6 pm on the Frisco Highline Trail.

The firefighters will be walking every Tues. & Thurs. at 6 pm on the trail, anyone is welcome to join them.

If you are a part of a regular walking program and would like to open your group to others, please call Sandra at 326-7250.

**Remember to check with your doctor before beginning any exercise program.*

See sideline for local walking opportunities.



FOR HEALTHY YOUTH

SUPPORT

- Does your child have 3 or more non parent adults for support?

EMPOWERMENT

- Does your child feel safe at home, school and in the neighborhood?

BOUNDARIES & EXPECTATIONS

- Do you monitor your child's whereabouts?

CONSTRUCTIVE USE OF TIME

- Is your child involved in youth/school clubs or sports 3 hrs./wk?

COMMITMENT TO LEARNING

- Is your child interested in learning new things?

POSITIVE VALUES

- Does your child feel it is important NOT to be sexually active or use alcohol or other drugs?

SOCIAL COMPETENCIES

- Does your child seek to resolve conflict non-violently?

POSITIVE IDENTITY

- Does your child report that "my life has a purpose?"

For more information on the Building Blocks go to www.polkcountyhealth.net



Polk County Health Center - Protecting Health and Promoting Communities.

PCHC NEWS

Polk County Health Center—Relay for Life Fundraiser

Polk County Health Center, 1317 W Broadway, Bolivar will be holding an Easter Bunny Photo fundraiser on Friday, April 3rd from 1—7:30 pm.

Come have your picture taken with the Easter Bunny and support a great cause.

All proceeds will benefit Polk County Relay for Life.

For \$5.00 you will be given a CD with two poses to take and print off the size and amount of photos you want.

There will be cookies, punch, and a filled egg

treat for the kids.

It promises to be lots of fun!

For questions call 326-7250.



Live Like Your Life Depends On It

During Public Health Month in April, Polk County Health Center is encouraging the top ten actions you can do to "Live Like Your Life Depends On It".

1. Eat Smart—a healthy diet includes plenty of fruits and vegetables, whole grains, low fat milk products and lean meats.
2. Move More—health experts recommend being active at least 30 minutes on most days of the week.
3. Maintain a Healthy

Weight—eating right and being active can prevent obesity.

4. Be Tobacco Free—don't smoke and avoid secondhand smoke.
5. Avoid Risky Behaviors—don't use tobacco; if you drink, do it in moderation, and protect your skin from sun exposure.
6. Get Recommended Health Screenings—screenings can detect problems early when they are more successfully treated.

7. Take Prescribed Medications—ask your doctor about taking aspirin to prevent heart disease and keep up to date with immunizations.
8. If You Have Chronic Disease, You Can Make A Difference—follow your doctor's advice.
9. Stay Connected With Family and Friends.
10. Enjoy Your Life!

For Live Like Your Life Depends On It materials call 326-7250.