

Healthy Living (Community) Workgroup

2014 Report

TRY A TRAIL

with the
Utah County Commissioners!

Try A Trail is back for 2014!

Join our County Commissioners, Gary Anderson, Larry Ellertson and Doug Witney, as they lead us along some of our beautiful Utah County trails.

Whether on foot, bike, scooter or horse come enjoy the great outdoors with us!

Bring family and friends for a little physical activity, prizes and FUN!

Visit us on Facebook at 'Utah County Today' or 'Utah County Health Department' for specific event details.

Come and try a trail with us!



| Date | Time | Trail | Meeting Place |
|---------------------|-------------|----------------------------------|---|
| March 15th, 2014 | 11 am | Provo River Parkway Trail | N Canyon Hills Drive, 800 N, Orem |
| April 19th, 2014 | 10 am | Jordan Parkway Trail-south | Willow Park, Lehi |
| May 31st, 2014 | 10 am | Provo River Parkway Trail | St. Marks Lutheran Church, 464 W 3700 N, Provo |
| June 12th, 2014 | 7 pm | Provo Historic Homes Walk | North Side of Administration Bldg, 100 E Center St. |
| July 19th, 2014 | 8:30 am | Hike to the "Y" | "Y" Mountain Trailhead parking lot |
| August 20th, 2014 | 7 pm | Murdock Trail | Lindon View Trail Head |
| September 20th 2014 | 8:30 am | Jordan River Parkway Trail-north | Willow Park, Lehi |
| October 18th, 2014 | 10am | Stewart Falls | Ski Lift at Sundance Resort |



Try a Trail – Utah County





Low-Cost Zumba

- Worked with leaders in the Latino community to start an affordable Zumba class for low-income families during Summer/Fall 2013 .





Recipe Contest

- Collaborated with Food Services to host a recipe contest at North Summit Middle School.
- Recipes had to feature beans.
- Winning recipe was added to the lunch menu.





After School Program Cooking Classes

- EATS (Eat Awesome Things at School) is a nonprofit working to improve school lunch and kids' eating habits in Park City.
- Hands-on cooking classes teach kids in the after school program to cook healthy meals from scratch.
- Recipes are sent home in English & Spanish.



Southwest Utah





Tooele County



Salt Lake County

- Farm to School
- Get into the River
- Be Active and Healthy blog



*Open to those who live or work in Salt Lake County.

CHALLENGE RULES

1. Record the number of minutes you walk everyday. We encourage you to share your number with friends and family on Facebook to get everyone involved.
[Visit BeActiveAndHealthyInSLCO.blogspot.com](http://BeActiveAndHealthyInSLCO.blogspot.com) to print off a tracker.
2. Share, like, and/or comment on Facebook. Each week we will post tips and ideas to keep us walking!



One Grand Prize

Person who accumulates the most minutes of walking
**Whole Foods Gift Basket Surprise and
\$25 Whole Foods Gift Card**

FOUR Winners

Earn one entry with each 'like, share, comment' on Facebook.

\$25 Gift Card to Whole Foods



Wasatch County

- Heber Valley
Farmer's Market
- Gold Medal School
- Walk to School
- Health and Safety fair and Mile by Mile
Marathon



Davis County



State Health Improvement Plan

- 6 Media Messages coordinated
 - June: 5210 including summer meal promotion
 - August: 5210 focus on screen time and PA
 - **September: Family Meal Time Month**
 - October: Walk to School Day
 - November: Healthy Holiday
 - February: Heart Health Month