

# *Live Healthy Forest Park!*

*Invites you to*

*Play more, move more, nourish more, grow more!*

Live Healthy Forest Park is asking all Forest Park Children, Families and residents to “Join the Movement” toward crafting The Village of Forest Park's community to a more active healthy living. Get started by incorporating physical activity into your daily life by trying some of these easy ways to get active.

- Live Healthy Forest Park’s goal is to provide our residents with options and opportunities to lead a Healthy Lifestyle.
- Activities, recipes, menu planning, exercises, and health education on “Healthy Living” can be found at [www.livehealthyforestpark.net](http://www.livehealthyforestpark.net)

## **Make a healthy choice today**

- Accumulate 30 to 60 minutes of moderate physical activity daily.
- Make nutritious food choices, & provide a sustainable living and fresh food sources through the community
- Do an activity that will get your heart beating faster, even just for ten minutes at a time. Walk briskly, climb a few extra stairs, dance, walk up a hill, be active in the pool, skip rope or play tag with the children.

**Find a physical activity you enjoy doing and do it for life!**

Please, always check with your physician before beginning any new exercise. It is important to choose activities that are right for you. Following the advice of a health or fitness professional will help to ensure the success of your new healthy lifestyle!

- A life of healthy activity will improve safety, the environment and overall quality of life.
- Nutritional quality of foods will be offered by the community and school programs.
- Expanded community gardens and farmers’ markets.
- Teach the preparation of traditional ethnic foods in healthy ways.
- Encourage local restaurants to provide “Healthy Choice” options on children’s menus.
- Partner with media to promote messages and marketing regarding appropriate food for children.
- Coordinate physical education and recreational activities between The Park District, School District 91 and Club House after-school programs.
- Provide for and increase physical activity time indoor and out within the community and schools.
- Offer walking and bicycling programs: coordinate “walking school busses” to and from school, walking groups, senior walking clubs, health fairs, multigenerational events, bicycle safety events.
- Include an active living component in general plans, to make walking and bicycling to school, restaurants, recreation activities, community events, and shopping a more appealing mode choice, with links to public transportation.

Visit [www.livehealthyforestpark.net](http://www.livehealthyforestpark.net) for more ideas.

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Live Healthy Forest Park is a Partnership of the Village of Forest Park, The Park District of Forest Park, The Community Garden of Forest Park, Forest Park Community Center, and School District 91.