

Activate Phoenixville pushes for healthy living

Activate Phoenixville Area wants to help you get started towards a more active and healthy lifestyle. Our vision is to motivate all Phoenixville area residents toward healthy living... including children of all ages, adults, and seniors. We do this through a variety of programs, events and activities.

This important initiative is supported by the following COMMUNITY PARTNERS:

Phoenixville Education Foundation
 Phoenixville Area School District
 Phoenixville Hospital
 Phoenixville Community Health Foundation
 Freedom Valley **YMCA** — Phoenixville Branch
 Phoenixville Borough
 Phoenixville Regional Chamber of Commerce
 Valley Forge Christian College

We encourage everyone to get more active by simply walking! Residents may register and receive a free pedometer by emailing activatephoenixville@pasd.com or by calling 610-917-9890 ext. 25. We do have a website which will be active in the very near future, so please make a note and check back often. It is www.activatephoenixvillearea.org.

Heart Healthy Tips

- Minimize consumption of foods and beverages with added sugar, especially high fructose

corn syrup, and high sodium content.

- Avoid use and exposure to cigarette smoke.
- Be physically active at least 30 minutes most days of the week. Minimize "screen time" (TV, computer, video games).
- Learn to identify and avoid trans fats in your diet. Look for these ingredients on food labels: margarine (some contain trans fats), partially hydrogenated or hydrogenated oil, partially hydrogenated vegetable shortening, shortening. Some major sources of these unhealthy ingredients are: cakes, cookies, crackers, pies, breads, baked goods, animal products prepared in partially hydrogenated oils, margarine, fried potatoes, potato chips, corn chips, popcorn, household shortening, salad dressings, breakfast cereals, candy, and even some vitamins.
- Include "good fats" (polyunsaturated and monounsaturated) in your diet. Foods rich in these beneficial fats and oils include: olive oil, ground flax seed, sunflower and sesame seeds, avocados, walnuts, fish, and Omega-3 enriched eggs.
- Eat fish (salmon, trout, herring) two times per week, or take a fish oil supplement.
- Take measures to manage stress.

Information provided by Activate Phoenixville Area (www.activatephoenixvillearea.org) "Move More, Eat Smart"

Sources: American Heart Association & MayoClinic.com

