



Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

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COMMUNITY EDITION

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Ways to be Active!

The *Physical Activity Guidelines for Americans* recommends 30 minutes of physical activity a day for adults, 60 minutes for children, at least five days a week. Sound daunting? It's much easier than you think, regardless of your current activity level. There are plenty of ways to get moving and some may even surprise you! It's time to be active, get healthy, and have some fun!



Being active doesn't require joining a gym. Look for ways to increase your heart rate during your daily routine. Walk or cycle instead of taking the car or bus, or you can choose the stairs over the escalator or elevator. Try these ways to be active and start working towards your fitness goals to jumpstart or maintain a healthy lifestyle.

There are many health benefits to being active for people of all ages, backgrounds and abilities, but you should consult your physician before starting a new activity program. If you haven't been active in a while, start slowly and build up. Do what you can; some physical activity is better than none.



Please visit:

<http://grant.uwex.edu/nutrition-education/get-active-in-grant-county/> for some ideas to get active in Grant County.

Taken from The President's Council on Fitness, Sports and Nutrition www.fitness.gov

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Liking New Foods Takes Time

It is normal for children especially preschoolers, to reject foods before they have tried them. Young children may have to eat a food 15 times before they like it and eat it every time you give it to them.

Making introducing new foods fun!

- Try pairing new foods with a favorite food.
- Have your child help you prepare the new food.
- Eat the new food with your child to show them you enjoy it.



Remember, be patient and keep trying!

Source: Feeding For Healthy Eating, University of Maryland Extension.

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

**UW
EXTENSION**

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Jun 2nd—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jun 7th—Boscobel United Methodist Church from 9:30am to 3:30pm

Jun 8th—Fennimore United Methodist Church from 9:00am to 3:30pm

Jun 14th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Jun 16th—Platteville United Methodist Church from 9:00am to 3:30pm

Jun 23rd — Platteville United Methodist Church from 9:00am to 3:30pm

Jun 28th—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

Jun 29th—Late Lancaster Schreiner Memorial Library from 3:00pm to 6:30pm



The Grant County Health Department will be closed on the following day:
July 4th



Need Help Getting Women's Health Check-ups?

The Wisconsin Well Woman Program (WWWP) pays for mammograms, pap tests, and certain other screening exams.

You may be eligible for services AT NO COST TO YOU if:

- ◆ You are a woman, age 45-64 (or 35-44 with breast symptoms or concerns)
- ◆ You have little or no health insurance
- ◆ Your annual household income meets our guidelines—up to \$29,700 for one person, \$40,050 for two people*

For details in Grant County, call: (608) 847-9373 or toll free (866) 735-9616.

Or visit the Wisconsin Maternal and Child (MCH) Hotline 1-800-722-2295

Or visit their website:
www.dhs.wisconsin.gov/womenshealth.wwwp

*Call for income guidelines for larger families.

Grant County Rural Safety Day June 14th

Rural Safety Day is a program designed to provide youth skills that will help them stay safe in our rural environment. They will learn how to identify possible hazards and to respond correctly if an accident does occur. Safety topics planned:

- ◆ Electrical
- ◆ Seat Belt
- ◆ ATV
- ◆ Heat Related
- ◆ Boating
- ◆ Tractor
- ◆ Tobacco and Prescription Drugs
- ◆ Fire Safety Trailer

Time: 9:00 am to 3:00 pm

Place: Grant County Fairgrounds in Lancaster

Cost: **Free (Lunch and snacks included)**

Registration forms will be sent home through school. For more information/registration forms, please contact the Grant County Health Department at 608-723-6416. Forms can also be found on the county website www.co.grant.wi.gov under Health Department then Brochures. Registration forms are due to the Grant County Health Department by June 10, 2016.

Grant County



Rural Safety Day

WATER *Are you getting enough?*



The most important nutrient we need is water. We cannot live without it. Our bodies need to be hydrated because we lose water by sweating, waste products, and with every breath we blow out. We can lose as much as 2-3 quarts of water per day. Water also helps regulate our body's temperature on a hot summer day. Thirst kicks in after you are already starting to dehydrate, so it is important to drink water often throughout the day. Did you know that Grant County has nearly twice the state average of emergency room visits due to heat stress? Staying hydrated is one way of reducing your chances of heat related illness.

Remember, water will quench your thirst, where sugared beverages won't. A sugary beverage will give you a quick fix, but you will be thirsty again in a short amount of time. Sugar can actually make you thirstier and when drinking too much, it can cause you to have stomach cramps. Reach for water instead.

Enjoy the warm, sunny days of summer and remember to drink 5 or more glasses of water daily to maintain adequate hydration.

Data from: Wisconsin Environmental Public Health Tracking Program. 2015 Grant County Environmental Health Profile



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