



Berrien County Health

Department:
Preventing Disease,
Prolonging Life and
Protecting the
Health of the
Community.



Eat Healthy and Move!

Eating a healthy diet rich in fruits and vegetables and getting regular exercise are two of the most important things you can do for your health. Unfortunately, many people do not get the recommended amount of physical activity, and do not eat

enough fruits and vegetables.

According to a 2005 survey, only 43.8% of Berrien County residents did a recommended amount of physical activity, and 76.3% eat less than the recommended five serving of fruit and vegetables per day.

Eating a healthier diet and doing physical activity most days for at least 30 minutes will reduce your risk of many serious conditions such as heart disease, cancer, diabetes, stroke, osteoporosis (weak bones) and high blood pressure.

Healthy Eating is Easy!

Fruits and vegetables contain many healthy vitamins, minerals, and fiber. They are also low in fat and calories, and are filling. Everyone should eat five servings of fruits and vegetables every day. Here are some tips to add them to your diet:

- Add berries or bananas to your cereal
- Add tomatoes, bell peppers, or spinach to your omelets
- Add veggies such as broccoli, peas, corn, or green beans to casseroles and pasta dishes
- When you go out to eat, choose beans, a vegetable, or a side salad instead of French fries
- Add a box of raisins or a bag of baby carrots to your kids' school lunch
- Keep a bowl of fruit instead of candy on your desk or counter
- Remember, canned or frozen fruits and vegetables are good choices, as long as they don't have syrups or sauces with fat, salt, or sugar.



You Can Move More!

Physical activity can be fun and convenient even for very busy families. Here are some everyday ideas to increase physical activity for you and your family:

- Walk the dog
- Work in the garden
- Walk or ride bikes to work
- Park or get off the bus further away from where you're going and walk the rest of the way
- Add physical activity to parties and celebrations
- Go for a hike
- Play volleyball or Frisbee
- Dance!
- Take the stairs instead of the elevator
- Play outside with the kids
- Take quick "fitness breaks" at work, walk around
- Stretch or do exercises while watching your favorite TV

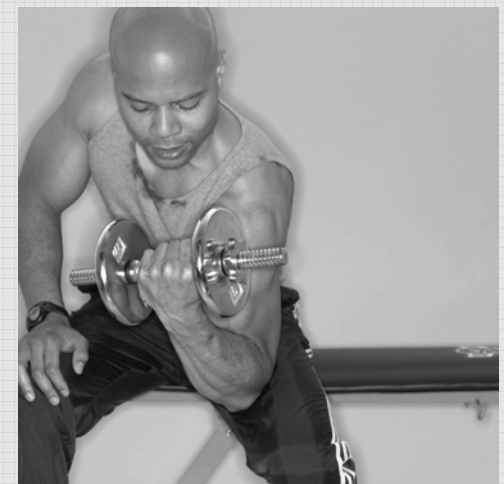
Back to School!

Although August marks the end of summer break for students, there is still much fun to be had! The Berrien County Health Department wants you to stay safe as you enjoy the end of summer, and get prepared for school. This month we will provide you with information on E.Coli and outbreaks, immunizations, hearing and vision screening, head lice, and healthy eating and physical activity. For more information about any of these topics, **please call the health department at 926-7121. Happy Summer!**

More information is available about healthy eating and physical activity at www.healthierus.gov.

Always remember to check with your doctor before beginning any new diet or exercise program.

To create your own personal plan towards a healthy lifestyle, check out Michigan Steps Up program at www.michigan.gov/surgeongeneral. Or call 517-373-3740.



The Health Department is Here to Help

The Berrien County Health Department WIC and School Based Clinic services encourage healthy lifestyles by helping clients reach the goal of 5 fruits and vegetables a day and by promoting the importance of physical activity every day.

In the WIC program participants who are pregnant, who recently

delivered, and children up to age 5 who meet income and other guidelines may qualify for nutrition services. The WIC program has registered dieticians who provide nutrition counseling, and other staff who provide breastfeeding help and assistance with buying healthy foods.

The School Based Clinic nurse

practitioner screens teens for risk of obesity and will help teens develop healthy lifestyles. The clinic hours are Monday through Friday, 9:00am – 3:30pm, in the annex building on the grounds of the Benton Harbor High School and all Benton Harbor Area School children are welcome.

For information about nutrition during pregnancy, and for babies and young children call the WIC program at 927-5646.

For information on teen health, including nutrition and physical activity, call the School Based Clinic at 925-4500.

The Berrien County Health Department has five locations to serve you:

Benton Harbor		Niles		Three Oaks
769 Pipestone	M-139 Office	School Based	1205 N. Front St.	21 N. Elm
P.O. Box 706	2106 S. M-139	870 Colfax Ave	684-2800	756-2008
926-7121	927-5623	925-4500		

Or visit us on the web at www.berriencohlthdept.org

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