

The Heart of New Ulm aims to improve the health, well-being and quality of life of all New Ulm-area residents through education, available resources, initiatives and partnerships that empower people of all ages to take responsibility for their own health in a supportive environment.

7 Ways to Wellness: For Yourself *and* Your Community!



1 Be a local champion and advocate for change, at work and in the community

- Encourage your employer to adopt a healthful foods policy. If food is brought into the facility, can a portion of it be a healthful option?
- Provide low- or no-sugar options for beverages during meetings at work or for a group you're involved with.
- Implement walking meetings at your facility.
- Create a walking path around your facility to encourage walking during breaks.
- Start a walking group in your neighborhood or with family and friends.
- Lead a walking school bus for kids to walk or bike to school safely.
- Lead co-workers on a bicycle ride to work.
- Offer healthful options at sporting or event concessions.

2 Connect with The Heart of New Ulm

www.heartofnewulm.com

 [Facebook.com/HeartOfNewUlm](https://www.facebook.com/HeartOfNewUlm)



3 Get out and get active!

- Use the great outdoor fitness equipment at Harmann, Washington and Lincoln Parks.
- Enjoy the *Move This Way* activities at North Park.
- Get up from your desk or work station and move your body for three minutes every hour! Try a walking meeting if possible or take a walk on your work break.
- Join a fitness center, take a class, or walk through the nearby state parks.
- Participate in one of many walk/run events in the area.
- Enjoy New Ulm's Bike Circle Route by bike or on foot.
- Join a recreational sports team.
- Walk or ride your bike to work or to run errands, or drive halfway and then walk the rest.
- Walk your children to school.



4 Eat healthier at participating New Ulm eating establishments

- Cottonwood Grill at New Ulm Country Club, George's Fine Steaks & Spirits, Lola - An American Bistro and Turner Hall have partnered with The Heart of New Ulm to help people make healthier food choices. Look for a door decal with the Heart of New Ulm logo for any new partner restaurants in the future.



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5 Enjoy delicious, local, fresh fruits and veggies



- Visit the Winter Farmers Market at The 507 Outskirt, the seasonal Farmers Market in New Ulm and the Graze Co-op; graze.coop.
- Join a CSA (Community Supported Agriculture) program through a local farmer; www.minnesotagrown.com.
- Rent a community garden plot at the New Ulm Community Garden; www.puttinggreen.org.

6 Volunteer on a Heart of New Ulm action team

- **Brown County Mental Health and Wellness** — Works throughout the county to reduce the stigma of mental health, improve resiliency and improve access to mental health treatment and services.
- **Brown County Chemical Health Action Team (CHAT)** — Works to support educational programs, activities and policies that increase awareness of addiction and misuse of legal substances, and also address the use of illegal substances.
- **Food Environment** — Works to improve access, availability and affordability of healthier food choices in a variety of different venues throughout New Ulm.
- **New Ulm Bike Group** — Works to improve bicycling in New Ulm for people who choose to bicycle for transportation and/or recreation, sponsors local bike expos and provides bicycle safety training.
- **Downtown** — Works to promote enhancement of our downtown vibrancy and innovation for the future desired by our residents while maintaining New Ulm's Charm and Tradition.



Coalition for Active, Safe and Healthy Streets (CASHS) and Safe Routes to School (SRTS) —

The CASHS team works to improve the safety of New Ulm's streets by incorporating traffic calming measures (slowing traffic) so that more people will feel safe using walking and bicycling as a form of transportation.



The SRTS team works on implementing and promoting the Safe Routes to School plan to encourage children to walk and bike to school and make it safer; also sponsors Walk to School Days and other events.



- **Worksite Wellness and Community Health Challenge** — Plans and conducts quarterly networking and training sessions for New Ulm worksite wellness leaders; also plans and conducts the multi-week Holiday Trimmings weight maintenance program every year.

To get involved on an action team or for more information, contact:

Kaitlin Gawrisch, 507-217-5491; kaitlin.gawrisch@allina.com or Jen Maurer, 507-217-5226; Jennifer.Maurer@allina.com

7 Take care of your health — you are the only one who can

- By making small changes over time, you'll help to ensure lasting change and better health!

