

Did you know?

According to research, in cold temperatures, race times are actually faster, and quicker paces burn more calories in less time.

A small step

Whether you are heading off to spin class, boot camp, or any other exercise, it is always important to hydrate so you can stay energized and have your best workout.

Licking County Wellness Coalition Newsletter

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Welcome!

Happy New Year! Winter is finally here with the cold weather. With the holiday cheer starting to wear off, winter can begin to drag this time of year. Here are a few tips to help keep your mood up during these dreary, cold months:

- Volunteer. One of the easiest ways to lift your spirits is by doing something helpful for someone else. See page 4 for information on National Mentoring Week.
- Eat healthy. Proper nutrition helps keep both body and mind in good working condition.
- Plan a special treat or event. Having something to look forward to like a weekend getaway or mini-vacation can give you something to be excited about.
- Stay active. In addition to its other health benefits, just 20 minutes of moderate activity a day can boost your mood and relieve anxiety.

Best of luck in the new year and stay warm.

Sincerely,

Dani Gardner

Dani Gardner

Licking County Wellness Coalition

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NEXT WELLNESS COALITION MEETING

Activing Living Subcommittee Meeting

Jan. 28 @ 1 p.m. - Licking Memorial Hospital

Worksite Wellness Subcommittee Meeting

Feb. 2 @ 10 a.m. - Conference Call

Whole Group Meeting

Feb. 17 @ 3 p.m. - Licking Co. Health Dept.

EVERYONE IS WELCOME

RSVP to: wellness@lickingcohealth.org

Upcoming Events

January

- Jan. 13 - [Licking County Library: Taste the History of Recipes \(Newark\)](#)
- Jan. 13 - [Licking County Library: Family Fun Night \(Newark\)](#)
- Jan. 17 - [Broke Man's Winter Warm Up Half Marathon \(Columbus\)](#)
- Jan. 18 - [Licking County Library: Paint Night at the Library \(Newark\)](#)
- Jan. 20 - [Licking County Library: Paint Night at the Library \(Newark\)](#)
- Jan. 23 - [The 5th Line 5k Race \(Columbus\)](#)
- Jan. 28 - [LMH Community Education: Chronic Obstructive Pulmonary Disease \(Newark\)](#)
- Jan. 29 - [60th Annual Groundhog Breakfast \(Newark\)](#)
- Jan. 30 - [Winter LV READY! Class \(Newark\)](#)

February

- Feb. 1 - [Licking County Library: DIY Not? \(Newark\)](#)
- Feb. 2 - [Zumba @ Your Library \(Newark\)](#)
- Feb. 6 - [OSU Indoor Triathlon \(Columbus\)](#)
- Feb. 8 - [Celebrate Chinese New Year \(Newark\)](#)
- Feb. 9 - [Licking County Library: Paint Night at the Library \(Newark\)](#)
- Feb. 10 - [Licking County Library: Family Fun Night \(Newark\)](#)
- Feb. 11 - [LMH Community Education: Healthier for Life Series](#)

Upcoming Webinars

- Jan. 13 - [ACTION FOR HEALTHY KIDS: Active Indoor Recess: Bringing Outdoor Play Indoors When the Weather Gets Bad](#)
- Jan. 14 - [AMERICA WALKS: Livable Communities for all Ages](#)
- Feb. 2 - [ACTION FOR HEALTHY KIDS: Keep Moving! Physical Activity in Schools](#)
- Feb. 10 - [ACTION FOR HEALTHY KIDS: How to Host a Health & Wellness Fair: Steps to Success](#)
- Feb. 11 - [AMERICA WALKS: Planning for Walkable Communities: A Transferable Training Program from Kentucky](#)

Disclaimer: Inclusion of community events and resources does not imply endorsement by the Licking County Wellness Coalition or its affiliated agencies and partners. Some events require a fee and/or membership.

Together We Grow...Truly!

There is nothing quite like fresh fruits and vegetables growing in the garden. It is one of my favorite things in the world and I get to enjoy it all spring, summer and fall. In the summer of 2012, my husband and I started a community garden in our east-side neighborhood. It started as an outreach of Newark Church of the Nazarene with a small handful of neighbors, and has “blossomed” into a non-profit business. Our mission is to provide food, education, training and work opportunities for the residents of Licking County and to improve the quality of life for those who may be living in poverty.



The first garden was very successful, so we branched out and started more gardens. We contacted the City of Newark in 2014 and were able to start a large community garden at Everett Park. The city wanted to make this park more family friendly and thought a garden would be an awesome addition. We now are also working with Newark High School at the Lincoln Land Lab and at Heritage Middle School with Ms. Felumlee’s science classes. This is very fun for the kids,

always coming as a great surprise to them how much they enjoy it!



Every year we open up the gardens to new gardeners and would love to have more people join us. If you would like to have the pleasure of seeing your very own garden grow, contact Pam at (740) 504-7351 or at Together We Grow Gardens on [Facebook](#).

Submitted by Pam Roberts
Executive Director of Together We Grow, Inc.

CDC Healthy Schools

Parents have a powerful role in supporting children’s health and learning. [Parents for Healthy Schools](#) is a set of resources, developed by [CDC Healthy Schools](#) and [partners](#), that school groups (e.g., PTA/PTO, school wellness committee) can use to motivate and educate parents to create a healthy school environment for their children. Health topics include [School Nutrition Environment and Services](#), [Physical Education and Physical Activity in Schools](#), and [Managing Chronic Health Conditions in Schools](#).



Resources include:

[Parents for Healthy Schools: A Guide for Getting Parents Involved from K-12](#) - Provides an overview and suggestions of a healthy school environment.

[Parents for Healthy Schools: Making a Difference in Your Child’s School](#) - Makes the case for a healthy school environment and how parents can take action (evaluation form included).

[Ideas for Parents](#) - Highlights practical strategies and actions for parents to support school nutrition environment and services, physical education and physical activity in schools, and managing chronic health conditions in schools (includes key question and ideas for parents to take action).

[Check-in Questions](#) - Tracks progress in engaging parents to change the school health environment.

[Promotion Kit](#) - Provides sample social media messages, web badges, infographics, rollout calendar, content syndication, and template text for newsletters, emails and blogs.

Licking Park District Upcoming Programs

Saturday Morning Hike

When: Saturday, Jan. 16, 10 a.m.

Where: Kraner Nature Center, 10383 Fairview Road, Heath, Ohio 43056

Join us for a hike along the paths and trails of Taft Reserve - South. The walk will highlight the flora and fauna of Licking County. The hike will last about an hour. Please wear appropriate clothing and shoes for the weather. For more information, visit our website <http://lickingparkdistrict.com>.

Full Moon Hike

When: Friday, Jan. 22, 5:30 p.m.

Where: Shelter 6, Infirmary Mound Park, 4309 Lancaster Road, Granville, Ohio 43023

The full moon will rise and there's not a better place to see it than from the meadows at Infirmary Mound Park. We will gather at Shelter 6 and hike to the top of the hill and around the park to observe nature at night. Feel free to bring a flashlight, but be prepared to keep it off. The hike will be led by LPD staff and last about an hour. Please wear appropriate clothing and shoes for the weather.

Saturday Morning Hike with Snowshoes

When: Saturday, Feb. 20, 10 a.m.

Where: Shelter 4, Infirmary Mound Park, 4309 Lancaster Road, Granville, Ohio 43023

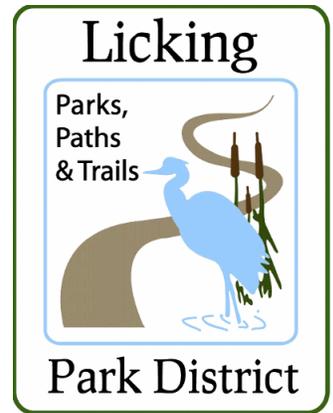
Join us the third Saturday of every month for a hike along the paths and trails of the park district highlighting the flora and fauna of Licking County. This month come spend an hour with us learning the basics of snowshoeing and trying them on a short hike. A variety of sizes are available, from toddler to adult! Please make sure to wear proper clothing and sturdy shoes. If there is no snow, we will be going on a nature hike.

Full Moon Hike

When: Saturday Feb. 20, 6 p.m.

Where: Kraner Nature Center, 10383 Fairview Road, Heath, Ohio 43056

Join Licking Park District staff at Taft Reserve South for a guided hike to discuss all things owls. The hike will finish in the meadows above the Kraner Nature Center, a perfect place to observe the full moon! The hike will begin at 6 p.m. outside the Kraner Nature Center and will last about an hour. Feel free to bring a flashlight, but be prepared to keep it off. Please wear appropriate clothing and shoes for the weather. We hope to see you under the Full Moon!



National Mentoring Month



National Mentoring Month is celebrating 15 years of activating the public in an effort to connect more of the nation's young people with caring adult mentors. This year, MENTOR launched a national public awareness campaign called In Real Life to connect more young men and boys to opportunity. Identified as a critical support for today's youth, mentoring was recognized as a centerpiece of the initiative. Individuals, mentoring programs and

corporate partners are also encouraged to support National Mentoring Month by utilizing the [digital materials and toolkits](#) available on the campaign website. The campaign will be active on social media through the month of January and promote the hashtags #MentorIRL and #NationalMentoringMonth.

About the Licking County Wellness Coalition

The Licking County Wellness Coalition was founded in September 2006 and was formed as a result of the Community Blueprint. The Licking County Wellness Coalition works to create a healthier Licking County by increasing the health and wellness of county residents through encouragement and promotion of physical activity and healthy lifestyles. The Coalition is made up of a variety of representatives from local and state organizations with a vested interest in reducing and eliminating health disparities. Starting January 2016, the Wellness Coalition will have subcommittees to focus on specific issues in the community.

The Active Living Subcommittee

focuses on safe, affordable places to be active in Licking County

The Worksite Wellness Subcommittee

focuses on increasing the number of worksites that have a wellness program

The Healthy Eating Subcommittee

focuses on access to affordable healthy food options in Licking County

FOR MORE INFORMATION

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**HEALTHY PEOPLE LIVING
HEALTHY LIFESTYLES**

R. JOSEPH EBEL
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