

# Week 1

## Did You Know?

The breast stroke is the oldest swimming technique

## CJ Farmers Market

Stock up on fresh produce!

Fridays 4:30-6:30  
Youth Center at  
Louisa County  
Fairgrounds

## Small Changes Yield Big Results!

Wanting to get healthy this summer? Remember that big changes stem from very small changes. Start with a few small changes to your daily life.

Want to add more physical activity into your daily life? Why not park your car a bit farther away from work, or better yet, walk to work a few days a week. It may not seem like you are

adding that much more physical activity to your day, but little periods of activity add up.

Have you been telling yourself that you need to add more fresh fruits and vegetables into your diet, but haven't gotten around to it yet? Start small and gradually add healthy produce into your diet. Stop by a local farmers market to

get the freshest and tastiest produce. You are not only buying healthy produce, but supporting farmers in your community. These small changes will definitely add up, and you will start to notice big changes in your life.



**Go for a swim this summer!**

## Activity of the Week : Swimming

Remember how much fun you had spending hours at the pool when you were a kid? Relive that fun, get into shape, and cool off with a workout in the pool!

### Benefits of Swimming

- No stress on joints
- Swimming increases cardiovascular and muscular strength
- Burns extra calories—around 500 an hour!

### Get Active Near You!

- Winfield Pool  
Phone: (319) 257-3261
- Columbus Community Pool  
M-F 1:00-6:00  
Weekends 1:00-7:30