

Week 4

Did you Know?

Exercise makes you smarter!
Exercise increases levels of energy and serotonin, which helps you to think more clearly!

Follow us on

Pinterest!

www.pinterest.com/cjiowa

Technology and Health

Looking for new and easy ways to help you to stay healthy, even with your busy life and schedule? Why not use something you never leave home without—your cell phone! There are many apps and websites to help you to stay healthy.

The USDA has a great website : <http://www.choosemyplate.gov> , which offers wonderful nutrition

information.

“**Charity Miles**” is an app that does double duty. As you exercise, the app will donate money to a charity of your choice. It really is a win-win!

Are you hooked on Pinterest ? Why not spend some of that time looking for healthy recipes, workout ideas, or simple motivation. We at the Columbus Development Office

have a Pinterest page. We will try and post healthy ideas to our “Wellness” board to keep you motivated!



Use your cell phone to your advantage this summer!

Activity of the Week : Jogging

Jogging is a great way to get outside and get some great exercise. Don't think you're a jogger? Don't be intimidated! Start out small, and build distance as you build stamina.

Benefits of Jogging

- Increased cardiovascular and muscular fitness
- Relieves Stress

Get Active Near You!

- Jog some laps at the W-MU or CCS tracks
- Head to one of our local trails : Chinkapin Bluffs, Port Louisa, Cairo Woods, or Virginia Grove to mix up your jog