

Hi, just a reminder that you're receiving this email because you have expressed an interest in Vermont Department of Health: Physical Activity and Nutrition. Don't forget to add natalie.schubel@state.vt.us to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

News from the Physical Activity and Nutrition Program



Greetings!

It is hard to believe that we are well into 2016 already. Many people have made resolutions for healthier living as the year starts and are now working on maintaining that good behavior from the first few days of the year. We are encouraging people to become more physically active through walking. This newsletter is full of ideas for your staff, students and you.

Best wishes for a healthy and active 2016!

Sue Kamp
Physical Activity and Nutrition Program Administrator

Healthy Communities

Winter Walking

Winter is here and, unless you are a true winter sports enthusiast, this can be the most difficult time to begin or maintain



a regular exercise routine. Many people walk for their physical activity. Here are some [tips](#) that can help you maintain through the winter months.

Save the dates!

America Walks, the only national organization devoted exclusively to making America a great place to walk, has posted their 2016 Webinar Series [here](#). Join them on the second Thursday of each month as topics, questions and resources that are critical to building the walking movement are explored. Topics are arranged around the following themes: Tools for the Field, the Call to

In This Issue

- [Healthy Communities](#)
- [Schools](#)
- [Worksites](#)
- [Clinical News](#)



Please forward this newsletter to interested colleagues!



Upcoming events

[Worksite Wellness](#)

Schools

Fifth Grade Passport

Skiing and riding are magical sports that can change lives, supporting healthier decisions and experiences that can last a lifetime. There is no better time to fall in love with snow-covered mountains of Vermont than during the final years of care-free childhood. To help our youth get to the hills, Ski Vermont offers participating fifth graders up to 88 free days of skiing and riding at Vermont's alpine and nordic resorts with the Fifth Grade Passport. [Apply for a Passport today!](#)

Healthy Schools Resources

CDC's Healthy Schools program just launched the Learning Series:

- [Training Tools for Healthy Schools: Promoting Health and Academic Success \(TTHS\)](#).

Other online training:

Training Tools for Healthy Schools E-Learning Series:

- [School Health Guidelines to Promote Healthy Eating and Physical Activity](#)
- [School Health Index: A Self-Assessment and Planning Guide](#)

Worksites

2016 Worksite Wellness Conference *Wednesday, March 30, 2016*

Registration for the [2016 Worksite Wellness Conference](#) is open! The conference will take place on Wednesday, March 30, 2016 at the Sheraton Hotel in South Burlington, VT. We are honored to have Dr. David Katz, founding director of Yale University's Prevention Research Center and internationally recognized expert in chronic disease prevention, as our keynote speaker at this year's conference. The day will be filled with workshops, fitness breaks, best practices sharing round table, and a presentation of the 2015 Worksite Wellness awards. The Conference is an excellent opportunity for employers, human resource professionals, employees, and others interested in worksite wellness. [Register online](#) before March 16th, 2016.

Worksite Wellness Initiatives

This month, seven worksites across the state are kicking

Check out our website
[My Moment](#)

Stay Connected

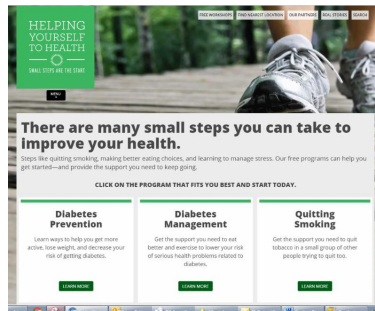


off worksite wellness initiatives with funding from the Vermont Department of Health to improve the health of their employees. These worksites are developing nutrition and physical activity interventions including policies and programs to promote healthy eating and an active lifestyle. On average, working adults spend at least half of their waking hours at work, placing workplaces in an integral role to support and improve health outcomes. Worksite wellness programs also have positive financial outcomes, helping employers manage and reduce the cost of health care and improve productivity. For more information, please visit our [worksite wellness page](#).

Clinical News

Helping Yourself to Health

The Vermont Department of Health, the Greater Burlington YMCA, and the Vermont Blueprint for Health have joined together to create MyHealthyVT, a new website for Vermonters seeking self-help for diabetes prevention and management, quitting smoking, emotional wellness, chronic disease management, and chronic pain management. The new [site](#) provides "one stop shopping" for free self-management programs. Vermonters can find contact information for their local Regional Coordinators at the site to sign up for programs. Motivational videos of real Vermonters' success stories and links to related resources are also available.



The new site was featured on a recent episode of [Across the Fence](#) that addressed resources and programs for diabetes prevention and management.

Vermont Department of Health: Physical Activity and Nutrition
| Susan.Kamp@vermont.gov | <http://www.healthvermont.gov>
108 Cherry Street
Suite 203
Burlington, VT 05401