



Physical Activity and Nutrition News



Fall is upon us! Crisp apples, cool weather for hiking and biking, bright orange pumpkins on doorsteps- these, and of course the foliage, remind me why I love Vermont. We are so lucky to live here. This newsletter shares several ideas for making the most of it, as well as previewing upcoming events.

I also wanted to let you know of a change in staffing here. Jennifer Woolard, who has worked on physical activity and nutrition in schools, has moved to our Cardiovascular Disease and Diabetes program due to lack of funding for the physical activity and nutrition program. If you have worked with Jen in the past on school-related projects, please contact [me](#). I will be happy to help you or refer you to someone who can. We wish Jen the best and are so glad she is still working in our office, so we can continue to benefit from her public health knowledge and irrepressible enthusiasm.

Enjoy Autumn and be in touch if we can help you in any way!

Sue Kamp



Save the Date - 2019 Worksite Wellness Conference

Save the date for the 2019 Vermont Worksite Wellness Conference! This year's theme is "Living and Working Healthfully in a World of Distractions". The keynote speaker, Dawna Ballard, is an expert in what drives our pace of life and the long-term health and vitality of organizations, communities, and individuals. Our agenda will also include dynamic breakout sessions, presentation of the Governor's Awards for Excellence in Worksite Wellness, and

Visit Winter Farmers Markets for Fresh Produce

Eating a diet rich in fruits and vegetables can help reduce the risk of many leading causes of illness and death, including heart disease, type 2 diabetes, some cancers, and obesity. Winter Farmers Markets can help increase intake of fruits and vegetables and many accept EBT. [More...](#)



Brattleboro Winter Farmers Market

Did you Know?

Vermont offers **FREE** programs to help you support health and manage chronic conditions? Helping Yourself to Health is a one-stop resource to find these self-management programs throughout Vermont:

Diabetes prevention

Diabetes

Chronic Pain

Smoking cessation

Chronic Disease

Mental health and wellness

These workshops provide a supportive atmosphere. Participants focus on building skills to manage their conditions by sharing experiences and providing mutual support. All of the programs are free to any Vermonter who meets the program requirements. Find a workshop that works for you. Visit www.myhealthyvt.org to get started!



Community Design Supports Winter Physical Activity

As Vermont's hours of daily sunlight decrease through fall and winter, safety concerns may create barriers to being active outdoors. Poor street lighting, decreased visibility, lack of sidewalk maintenance (or lack of sidewalks altogether) create real concerns for many people. Continue reading because there is good news: [More...](#)



Packing Healthy Lunches

Food Bites



*By Rebecca
O'Reilly, MS, RD*

It is back to school time. Need inspiration for packing lunches for your kids? [More...](#)



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