



Physical Activity and Nutrition News

We have entered the "Deep Midwinter" experiencing below zero windchills, snow and ice, along with a thaw now and then. Whether your passion is skiing, riding, sledding, sculpting or otherwise playing with the snow, this is your season.

And if those things are not part of your favorites list, there is plenty to do inside to stay active. The key is to keep moving. See more about the importance of physical activity below.

Make the most of these days as they grow longer and we inch our way toward spring. Before long the trees to the right will be covered with leaves and we will be able to shed some layers!



Registration Open - 2019 Worksite Wellness Conference

March 21st, 2019, 8:00 am – 4:00 pm
DoubleTree by Hilton Burlington

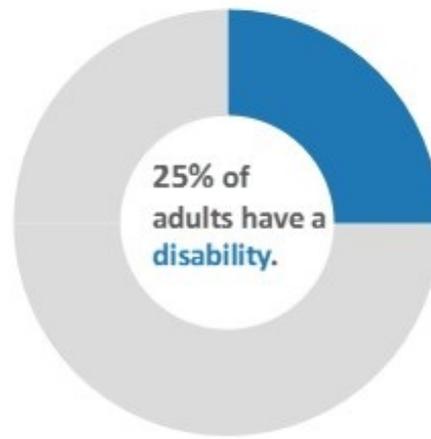
Registration is now open for the 2019 Vermont Worksite Wellness Conference! This annual event brings together workplaces from around the state to learn and share best practices in worksite wellness. This year's agenda will include a dynamic keynote speaker, breakout sessions, the presentation of the Governor's Award for Excellence in Worksite Wellness, and great opportunities to network.

[Register now!](#)

If you are interested in sponsoring or exhibiting at the event, please email ashwinee.kulkarni@vermont.gov.

Inclusive Options for Physical Activity

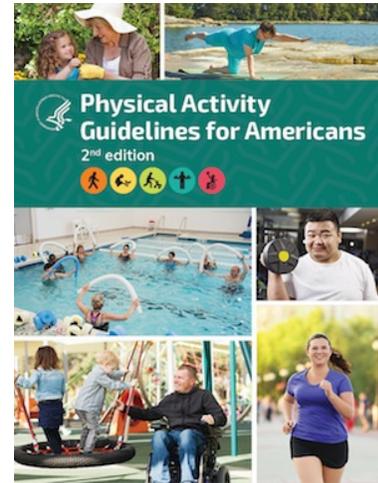
We all know that physical activity helps to keep us healthy. It can be challenging though to find the time in our busy schedules to get in the recommended amount of activity each week. It's even harder for Vermonters with disabilities to get the physical activity needed to be healthy. Learn more about opportunities for people living with disabilities to be physically active. [More...](#)



Physical Activity Guidelines Newly Revised

The US Department of Health and Human Services (HHS) recently released the second edition of the [Physical Activity Guidelines for Americans](#). **Key facts in the second edition include:**

- Any amount of physical activity has some health benefits, including immediately reducing anxiety and lowering blood pressure
- There are many long term health benefits to meeting the guidelines consistently over time, including helping to prevent 8 types of cancer
- Read more benefits of physical activity [here](#).



Food Bites



By Rebecca O'Reilly, MS, RD

Shoulds...

Messages are everywhere telling us what we SHOULD do to be healthier. Are you struggling with the New Year shoulds? Read on for tips on countering this feeling. [More...](#)



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