



Jan. | ISSUE  
2016 | No. 9

# Be Healthy QC Newsletter



## Welcome to the Be Healthy QC Newsletter!

### Happy New Year!

With winter in full swing, we wanted to share some ideas for cold weather fun! It might seem hard to stay physically active when it's cold outside, but don't let the winter weather stop you. There are many great ways to have fun and stay active in colder weather.

Read through our suggestions and take some time to play together - and move more! You'll be surprised at how good you'll feel! As an adult, you need at least 30 minutes of physical activity on most days. Children need at least 60 minutes of physical activity on most, preferably all, days of the week.

Skip and Scout want you to get moving indoors and outside. Here are some ideas from the Centers for Disease Control and Prevention (CDC) to keep you physically active:

**Get Moving Indoors:** You'd be surprised at the fun and creative ways you can get active indoors. Try something new today!

\* **Act out a story** - Read a book together; move to give it action.

\* **Create an obstacle course** - Kids love to tumble over pillows, crawl through open boxes,



and jump into hula-hoops.

\* **Turn up the music and dance** - Who doesn't love to dance? Have your kids swing their arms like a conductor or move to the music like a cat, bird, horse, elephant, or bug. Adults can do it, too!

\* **Walk in place** - Sounds simple, but this can be done while you are cooking, or cleaning, or even watching tv!

**Get Moving Outside:** Don't forget to bundle up, make sure you are wearing layers, have your mitten or gloves on, have a hat on, and your feet are warm in boots.

\* **Bundle up for snow play** - Create angels, make a "snow family" - climb a snow mountain, make paths through the snow.

\* **Participate in classic winter activities** - Go sledding, cross country skiing, snowshoeing, or even ice skating.

\* **Take a nature hike** - Look for animal tracks in the snow, wild flowers and buds in early spring, or colorful fall leaves hidden under the snow. There are over 200 trails in the Quad Cities and many are maintained throughout the year.

\* **Take a neighborhood walk** - How does it look different in cold weather?

**Why Move More?** Some of the health benefits of staying active by exercising regularly during the winter months are:

\* **Reducing stress** - The winter season can be a stressful time with family obligations, work pressure, travel and seasonal "blues". Being active regularly can reduce your risk of depression and may help you sleep better.

\* **Help you maintain or lose weight** - Staying active helps you burn calories to maintain your waistline.

\* **Reduce your risk for chronic diseases** - Moving more may reduce your risk of getting type 2 diabetes, heart disease, and some forms of cancer.

---

## Move More and Feel Great!




## Want to be recognized for the work your organization or business is doing? Take our Worksite Wellness Healthy Workplace Assessment here!

Be Healthy QC recently unveiled a new healthy workplace recognition program. Businesses that meet at least 10 of the 20 items on the assessment found at the link below will receive a letter and certificate of recognition for their worksite wellness efforts, as well as a window cling to display at the entrance of their business. If you would like your business to be recognized for your progress in creating a healthy workplace, please download and complete the assessment linked below and return it to: [quadcityhealthinitiative@gmail.com](mailto:quadcityhealthinitiative@gmail.com).

[Take Our Assessment Here](#)

Like us on Facebook 

Quad City Health Initiative  
563-421-2826  
[plumbe@genesishealth.com](mailto:plumbe@genesishealth.com)  
<http://www.qchealthinitiative.org>

Join Our  
Mailing List 

\*Made possible with funding from the Centers  
for Disease Control and Prevention\*

Quad City Health Initiative, Davenport Medical Center (West Campus),  
Central Park Medical Pavilion 2, Suite 3100,  
1401 West Central Park Avenue, Davenport, IA 52803

[SafeUnsubscribe™ carknern@genesishealth.com](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [plumbe@genesishealth.com](mailto:plumbe@genesishealth.com) in collaboration with

**Constant Contact** 