

March – July, 2009

Lighten Up Louisiana USER HANDBOOK

To promote health for all Louisianans through informed food choices and an active lifestyle.



Any Move Is A Good Move!



Louisiana Governor's Council on
Physical Fitness and Sports



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The New Lighten Up Louisiana Physical Activity Challenge! (How It Works)

Lighten Up Louisiana is a Physical Activity Challenge that encourages Louisianans to develop healthy activity and eating habits. Louisianans are encouraged to form teams of 2-10 people or they can compete as individual participants. If you don't prefer competition, that's ok! You can still track your progress to a healthy way of life. Team and Individual challenges will recognize achievement in two areas:

- ✓ Accumulated Activity in the form of miles and steps while completing a Challenge
- ✓ Weight Loss due to healthy, appropriate diet and physical activity.

Accumulated Activity: Team members and individual participants will be asked to complete a Challenge that will begin in March and conclude in July, 2009. Participants that complete their Challenges or reach their destinations will be declared the winner. Winners will be determined by order of finish. For example, a team may be asked to walk to Miami with Shaquille O'Neal, to Dallas or Memphis with Miss Louisiana. Remember, teams will have a choice of Challenges to choose from and track their progress with other participants from around the state using Google Maps.

Weight Loss: Teams and Individual participants will enter their Honor Weight when they register at the beginning of the program. Honor weigh-ins can be repeated each week until June 29 which will be the final weigh-in. The Lighten Up website will automatically calculate your weight loss percentage and compute your BMI (Body Mass Index) each and every time you enter your weight.

If you do not prefer competition, you may track your progress using the Public Routes, or you may create your own route. You can choose to walk anywhere in the United States and the world using our Lighten Up Louisiana Google Maps. Once you get started with your Public Route, at every historical site along the way, pop-ups will appear notifying you of the prizes you could win! This means that participants can track their progress, get great health and historical information and most of all, HAVE FUN! Other great Lighten Up Louisiana features include:

- **Steps Tracker**
- **Nutrition Tracker**
- **Hydration Tracker**
- **BMI Calculator**
- **Motivational E-Cards**
- **Testimonials**
- **Message Board**

Weekly e-mails sent to all participants will include tips on physical activity and nutrition along with resources that are motivational as well as educational. Participants that complete their Public Routes or destinations will receive a t-shirt and certificate. And the top ten teams and individuals in both categories will get special recognition and a Lighten Up party!

REGISTRATION

REGISTER ONLINE

1. Recruit your Team or sign up as an Individual Participant.
2. Visit www.lightenuplouisiana.org.
3. Click on the "Sign –Up" box.
4. Everyone signs up and join a team.
5. Click on "Join A Team" Link on the left
6. Find the team you want and Click "Join Team."
7. A confirmation letter via e-mail from LUL staff will follow shortly thereafter.

IMPORTANT INFORMATION

Teams or individual participants involved in the weight loss division **need to enter their 'honor weight' starting March, 2009**. You may enter you weight each week or as often as you like. All weight totals must be entered online.

Teams or individual participants involved in the accumulated activity division can enter their steps if using a pedometer, or enter the amount of time it took to complete one of our listed activities at anytime. Team progress will be updated immediately on the leader board (www.lightenuplouisiana.org) and viewed by clicking on 'Challenge Progress', then on the next screen scroll to the bottom of the page and see the rankings.

Team captains and individual participants can report their totals via the Web site (www.lightenuplouisiana.org) or can send an email to **info@lightenuplouisiana.org**.

www.lightenuplouisiana.org

The New Lighten Up Louisiana-Registration

www.lightenuplouisiana.org

Teams and Individuals are asked to complete a LUL Challenge for the Accumulated Activity category, but if you wish not to partake in the competition you can still use the Activity Tracker. In the Weight Loss category, enter your weight when you register and update as often as you like until the end of the program (July).

Team Registration (Captains)

Step One:

Captains must register first by clicking on the “Sign Up” link. On the next page click on the Sign Up box on the left side of the page. On the next page is the User Agreement. Scroll to the bottom and click ‘Agree.’

Step Two:

Complete the Profile form on the next page and click SAVE. You will receive a message that says: “Profile saved successfully.”

Step Three:

Click on “Join A Team” link at the left of the page. Then, on the next page click on “Create a Team” at the top right of the page.

Step Four:

Complete the “Start a Team” page and at the bottom click the “Submit Team for Approval” button.

Step Five:

You will then receive a message saying that your team has been submitted for approval, which is at the bottom of the page. You will then receive an e-mail letter informing you that LUL received your request to start a new team and it will be configured into our system.

How to Sign up Team Members

Step One:

Have all team members sign up individually.

Step Two:

Click on the “Join A Team” button link

Step Three:

On the side of their team name, click on the “Join Team” link and all information will be transferred to that team automatically.

Want to leave a Team?

Step: One

Login to the LUL site and click on the “Join A Team” link

Step Two:

Click on the “Leave Team” button that is on the side of your team.

If you are not using a pedometer or would like to calculate the steps and distance of your favorite routes, you can click your route points on the map and see your steps calculated as you go.

Individual Sign-ups

Click on the Sign-up button then follow the steps. You can join a Challenge or you can create a Route. **You can jump into the competition or you can go on your own. It's entirely up to you!**

How to report Steps, Mileage

Teams and Individual Participants can report their totals via the Web site if using a pedometer or you can choose An Activity and log your totals as minutes that will be converted into miles. Participants can follow the steps below or they can email their progress to: info@lightenuplouisiana.org.

Entering Team Totals If Using a Pedometer:

Step One: Login to the LUL site

Step Two: Click on the Activity Tracker link on the left of the page

Step Three: Enter the number steps in the Steps Counter and hit the ADD button.

Participating Without a Pedometer

Step One: Login to the LUL Website

Step Two: Click on the "Activity Tracker."

Step Three: Click on "Choose an Activity" drop down menu and choose an activity.

Step Four: Enter the number of Minutes it took to complete your activity.

Step Five: Click ADD Button

NOTE:

The Minutes you enter will be converted into Steps and Miles.

To Create Your Own Route

1. Click on the **New Route** link in the Route Information box.
2. Scroll the map to the starting location of your route. (The map starts at the address you have set in your Profile. If you have not specified an address, it will start at a central community location.)
3. Click the beginning point on the map (a point bubble will appear).
4. Move your mouse to the next turning point and click again.
5. Continue clicking points until you have mapped your entire route and then click the **Save Route** link. (You must be logged in to see this option.)
6. The system will prompt you to give your route a name. Once saved, your new route will be listed under the **MY ROUTES** header. If you accidentally click a wrong point, you can erase one or more legs of your route by clicking on the last correct point bubble and choosing the **Clear to here** option.

You can view the Challenge

Routes two ways: You can click on the Challenge Progress link and see a list of all the Challenges or; You can view Challenges and Routes by Clicking on the Activity Tracker link and scroll to the bottom of the page under the map.

Nutrition and Hydration Tracker

Step One:

Click on the Nutrition or Hydration Tracker link.

Step Two:

Click on the fruits and veggies or Hydration icon to mark the total amount you had for the day.

LIGHTEN UP LOUISIANA

FREQUENTLY ASKED QUESTIONS

What is Lighten Up Louisiana?

Lighten Up Louisiana (LUL) is a five-month competition (LUL Youth competition is five months) that encourages Louisianans to develop healthy activity and eating habits. Louisianans can form teams or sign up as individuals and engage in friendly competition, or if you do not like competition, you may still participate and track your progress.

How many people can be on my team?

Adults can have 2-10 people per team. LUL Youth may have 10-30 per team. Can't find a team? With the new Lighten Up program you can join any team you wish and be on multiple teams.

How much does LUL cost?

There is no cost at all. The program is absolutely free.

What does my registration include?

Weekly activity and nutrition tips and a chance to win prizes.

Where do I get an entry form?



Entry forms can be downloaded from the LUL Web site: www.lightenuplouisiana.org or **you can register online**. For more details see page 4 of this handbook.

When is the deadline?

Entries will be honored anytime during the program.

Is there team competition?

Team and individual competition will recognize achievements in two areas: weight loss (due to healthy, appropriate diet and physical activity) and a Lighten Up Public Route must be completed. Remember, If you don't prefer competition, you may still participate and track your progress and compare your progress to Public Routes.

What does the winning team receive?

Winners in each category will receive special recognition and possibly an awards party at the Governor's Mansion.

Who to contact?

If you need more information not found in this handbook, email us: info@lightenuplouisiana.org or call

our toll free number: 1-866-562-9015.

What are the requirements for the weight loss division?

Each member of a team submits an anonymous 'honor' weight when they register on-line to the team captain. (LUL Youth do not participate in Weight Loss) 'Honor' weigh-ins will be repeated in March and June. Winning teams or individual participants are those that lose the highest percentage of weight over the six-month program. You may submit your honor weight on the Lighten Up website or e-mail us.

What are the requirements for the accumulated activity division?

Teams and Individual participants must reach their goal by completing a Lighten Up Public Route. Winners will be determined by the order of finish. Totals may be entered on the website or e-mail them to us at info@lightenuplouisiana.org.

How do we report our team's progress?

Participants can report their progress directly to the Web site by logging in with his/her username and password. Step-by-step directions on how to report team or individual progress are on page 5 of this handbook.

What are the responsibilities of the team captain?

The team captain is the motivational leader of the team. He/she is responsible for sharing the weekly nutrition and activity.

What happens if a team member quits the team? Is our team out of the program?

Not to worry...you can now make adjustments to your team roster or e-mail us: info@lightenuplouisiana.org.

1. Have the member Logon to the Lighten Up website
2. Click on the "Join A Team" Link on the left menu
3. Click on "Leave Team" Link beside the team name.

Where Does Louisiana Stand?

According to the United Health Foundation's State Health Rankings 2003, Louisiana ranks low on the list for the health of its citizens. Data from the Louisiana Behavioral Risk Factor Surveillance System (BRFSS) indicates that approximately one quarter of adults living in this state are obese and another 36 percent are overweight. With the highest rate of death due to diabetes in the nation, there must be some change in the behaviors and eating habits of those who live in Louisiana.

Louisiana's State Ranking for Selected Leading Causes of Death		
Louisiana	Rate*	Rank
Diabetes	41.7	1
Cancer	232.6	2
Stroke	64.9	12
Heart Disease	280.1	20

*Rates per 100,000 population
Source CDC Wonder 2001

Percent of Obese Adults in 2002	
1. West Virginia	27.6
2. Mississippi	26.8
3. South Carolina	25.8
4. Alabama	25.7
5. Louisiana	25.5
6. Texas	25.5
7. Michigan	25.4
8. Tennessee	24.5
9. Kentucky	24.4
10. Indiana	24.1
11. Pennsylvania	23.9
12. Virginia	23.8
13. Arkansas	23.7
14. Georgia	23.5
15. North Carolina	23.5
16. Alaska	23.4
17. North Dakota	23.4
18. Missouri	23.2
19. Nebraska	23.2
20. Ohio	23.0
21. Iowa	22.9
22. Oklahoma	22.9
23. Kansas	22.8
24. Delaware	22.4
25. Minnesota	22.4
26. Illinois	21.9
27. Nevada	21.6
28. Wisconsin	21.6
29. Washington	21.3
30. South Dakota	21.2
31. Maine	20.7
32. New York	20.6
33. Oregon	20.3
34. Idaho	20.2
35. New Mexico	19.7
36. Arizona	19.6
37. Wyoming	19.5
38. Florida	19.4
39. Maryland	19.4
40. California	19.2
41. New Jersey	19.0
42. Vermont	18.9
43. Montana	18.7
44. Rhode Island	18.5
45. Massachusetts	18.3
46. Connecticut	18.0
47. New Hampshire	17.9
48. Utah	17.5
49. Hawaii	17.1
50. Colorado	16.5

Source: BRFSS 2002

Percent of Adults With No Leisure Time Physical Activity in 2002	
1. Tennessee	33.6
2. Louisiana	33.5
3. Mississippi	32.5
4. Oklahoma	30.6
5. North Carolina	29.5
6. Texas	29.3
7. Illinois	28.6
8. West Virginia	28.4
9. Florida	27.9
10. Indiana	27.5
11. Arkansas	27.4
12. Alabama	27.3
13. Delaware	27.1
14. Kentucky	26.6
15. Missouri	26.5
16. New Jersey	26.0
17. Maine	25.8
18. Georgia	25.7
19. Ohio	25.4
20. New York	25.1
21. Nevada	24.8
22. Rhode Island	24.6
23. South Carolina	24.6
24. Pennsylvania	24.4
25. Virginia	24.4
26. Michigan	24.1
27. South Dakota	23.8
28. Maryland	23.0
29. New Mexico	23.0
30. California	22.7
31. Arizona	22.6
32. Kansas	22.5
33. Alaska	22.4
34. Connecticut	22.0
35. Nebraska	22.0
36. Iowa	21.8
37. North Dakota	21.7
38. Massachusetts	20.8
39. Wyoming	20.4
40. Wisconsin	20.0
41. New Hampshire	19.9
42. Colorado	19.3
43. Idaho	19.3
44. Montana	19.2
45. Utah	18.9
46. Vermont	18.3
47. Oregon	17.9
48. Minnesota	16.2
49. Hawaii	16.1
50. Washington	15.0

Source: BRFSS 2002

Lighten Up Louisiana!

Here are some things that we can do to improve our own health and the health of those we care about.

1. **Be Active!** Adults should engage in moderate-level physical activity for at least 30 minutes on 5 or more days of the week or 20 or more minutes of vigorous physical activity 3 or more days per week.
2. **Eat Healthy.** Watch what you eat on a daily basis. The Surgeon General recommends 5-7 servings of fruits and vegetables per day. In addition, drinking 8 glasses of water per day is a healthy beverage option.
3. **Breathe Easy.** Tobacco use is the leading cause of preventable death in Louisiana and in the United States. More people die from tobacco use than from homicide, drug abuse, AIDS, car accidents, alcohol and fires combined. In Louisiana, 17 people die every day from the effects of tobacco use. It is a major risk factor for cancer, stroke and heart disease, and causes complications for those with diabetes.
Go to www.BreatheEasyBayou.com or call 1-800-LUNG-USA.
4. **Be Safe in the Sun.** Wear sunscreen with an SPF of 15 or higher to decrease risk of skin cancer.

WHO COULD YOU BE TEAMMATES WITH?

Finding a team is easy. Do you have co-workers? Or are you a member of a club or church? Then you have several areas in which to recruit teammates. As a team captain you may already have a team put together, but here are a few ideas that may help you increase or recruit members.

ADULT TEAMS MAY INCLUDE:

- recruit co-workers at a school staff meeting
- make an announcement in the school's newsletter
- place reminders on the bulletin board in the teachers' lounge
- place sign-in sheets in each faculty member's mailbox
- Company teams at the jobsite

Team examples include:

- elementary, middle or high school teachers
- school librarians
- school nurses
- administrators
- "math" vs "language arts" faculty/staff
- bus drivers
- school cooks
- school board members or booster clubs

LIGHTEN UP TEAMS MAY INCLUDE:

Mothers and Fathers
Sisters and Brothers
Aunts and Uncles
Grand Parents
In-laws
Cousins
Nieces and Nephews

COMMUNITY TEAMS

- community boards and clubs can offer a challenge to one another – to walk the most miles, lose the most pounds, eat the most fruits and vegetables, etc.



Team examples include:

- board of supervisors, school board, city council, park and recreation departments, library board
- service clubs – Kiwanis, Rotary, Lions, Jaycees

Tips for success:

Communities could recognize these teams' successes in the local newspaper or during a community event. Improving healthy lifestyle habits could lead to better stress management and better decisions.

FAITH COMMUNITY TEAMS

- make an announcement at the beginning of the service or put information in the bulletin or newsletter



Team examples include:

Establish teams from groups in your faith community such as the board, deaconesses, missionary committee or adult fellowship groups, the "church staff" vs. the "church choir". You can even form friendly competition among other faith communities in your town.

Tips for success:

Does your building have a gym, large meeting hall or long hallways? These might offer a location for walking in inclement weather. Measure the length to determine distance walked. Walk to gather food for the local food bank, join together to help a local or national cause by walking in its event (i.e. Heart Walk).

WHO COULD YOU BE TEAMMATES WITH?

FAMILY TEAMS

- introduce the idea at a family event
- include household members as well as extended family

Tips for success:

Encourage family dinners that include fruits and vegetables. Include physical activity each day. Have the family join a fitness class together. Decide on some specific family prizes for each member or the entire team when you achieve your goals. Designate a place for a team bulletin board to chart success for family motivation.



OLDER ADULT TEAMS

- create competition between meal sites and/or senior centers in various communities
- write articles for newspapers or newsletters
- work with church-parish nurses

Team examples include:

- grandparent/grandchild teams
- teams at senior centers, meal sites or senior living apartment complexes
- teams from established groups, such as church groups, golden-age bank clubs, libraries, hospital 60+ groups and legion auxiliaries.

Tips for success:

Organize weekly meeting times at a gym, mall or building with long hallways. Measure the length to determine distances walked. Borrow a measuring wheel from a local athletic group and make maps available of various routes. List local resources for walking (i.e. walking paths, school tracks, malls, gymnasiums and around the inside of a large store). Having a support group to monitor and encourage progress in health goals is always beneficial. Set times and locations for seniors to meet, walk and socialize.

WORKSITE TEAMS

- post a sign-up sheet at the water fountain or on the bulletin board
- send email to employees
- form teams from various departments, work shifts or building floors and develop some friendly competition.
- established weight-loss support groups could become involved to add new interest and incentive to their current programs

Does your business have long hallways that might offer a location for walking in inclement weather? Measure the length to determine distances walked. Borrow a measuring wheel from a local athletic group and make maps available of various routes. List local resources for walking (i.e. walking paths, school tracks, malls, gymnasiums and around the inside of a large store). At the worksite, take 15 minutes during lunch to walk and use the stairs instead of the elevator.

SECRETS FOR A SUCCESSFUL LIGHTEN UP LOUISIANA TEAM

NOTE: Don't get overwhelmed by your responsibilities. Successful team captains have noted they delegated various duties to their team members. They felt this encouraged ownership and fostered creativity among teammates. If you have your own secret of success, please email it to: info@lightenuplouisiana.org.

Tips Shared by Successful Teams:

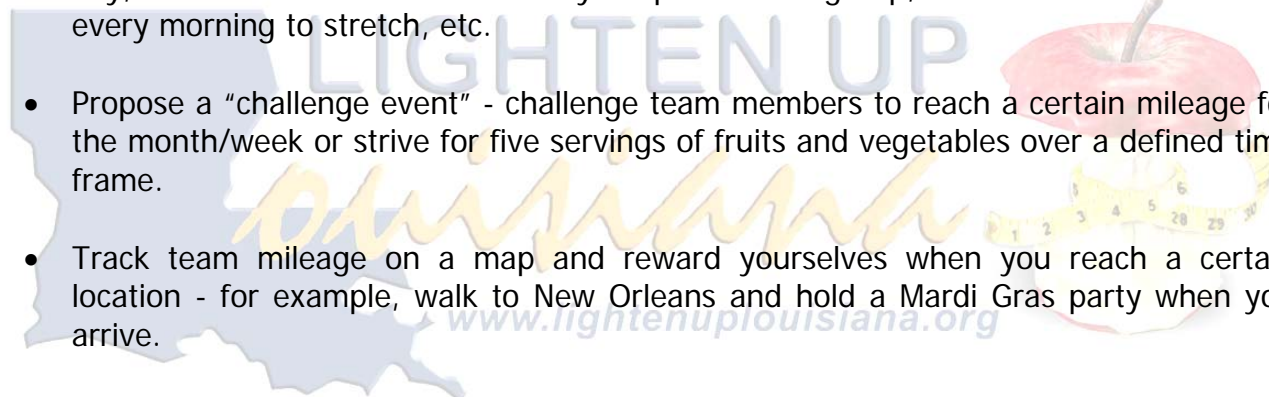
- Take measurements - once a month, take selected measurements; many times measurements change before the scale does.
- Focus on the process, not the outcome - instead of focusing on losing a certain number of pounds, focus instead on getting out and walking five times a week.
- Utilize a pedometer as a training partner - 10k a day - strive to reach 10,000 steps a day (approximately 5 miles).
- Set smaller goals and reward yourself when you reach them - when you've reached a certain mileage, treat your feet to a massage, pedicure or even some new shoes.
- Visit your local library and check out books on tape/CD - when walking by yourself in a SAFE environment, this helps pass the time and can provide motivation to exercise if you only allow yourself to listen to the book if you're moving.
- If your place of employment has multiple floors, post a chart at the top floor to track number of flights walked (place children's artwork in the stairwell to add cheer).
- Don't become disillusioned if you hit a plateau - think of it this way, you didn't GAIN weight, you've stemmed the tide.
- Get out of your comfort zone - sign up for a class in something you've always wanted to do (i.e. tap dancing, yoga, swim lessons, etc.); have teammates join you.
- Find a short box and place it in front of your TV - now you can be stepping up and down while catching a favorite show.

SHARING THE SECRETS OF SUCCESSFUL LIGHTEN UP LOUISIANA TEAMS

(cont'd)

Ideas that you can do together with your team:

- Tie-in a public service project to your team's weight loss. An example might be to collect one pound of food for each pound lost and donate it to a local food pantry or tally miles walked as you go from door-to-door collecting donated food pantry items.
- Schedule a group walk.
- Support local fitness events (even volunteering can add mileage).
- Select a GOAL for the week - examples might include...drink eight glasses of water a day, share a health article or healthy recipe with the group, take an extra five minutes every morning to stretch, etc.
- Propose a "challenge event" - challenge team members to reach a certain mileage for the month/week or strive for five servings of fruits and vegetables over a defined time frame.
- Track team mileage on a map and reward yourselves when you reach a certain location - for example, walk to New Orleans and hold a Mardi Gras party when you arrive.
- Build team unity with a monthly gathering of your teammates - hold a potluck and have team members bring low-calorie dishes along with the recipes or plan an activity-based event.



"USING A PEDOMETER WAS THE KEY TO MY SUCCESS!!"

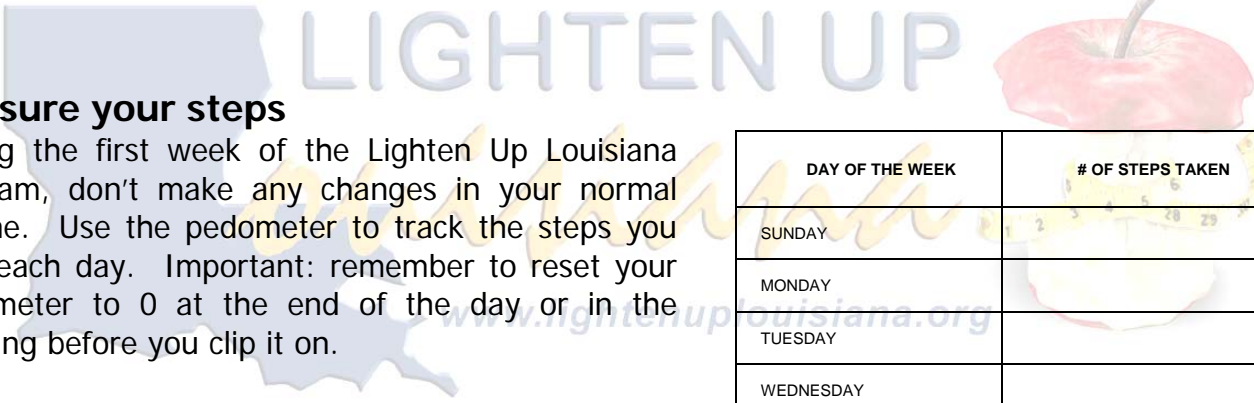
Some say that by wearing a pedometer during their day, they were able to document ways in which to add more steps to their normal daily routine. Another participant shared, "My pedometer also served as a true workout partner in that it motivated me and wouldn't listen to any of my excuses for not moving that day."

It can improve your health

- Studies show that taking about 10,000 steps a day is the target for improving health and reducing risk of chronic disease.
- Experts recommend 12,000 to 15,000 steps daily to achieve substantial weight loss.
- Moving at an increased speed for 3,000 to 6,000 of your daily steps can improve heart health.

Measure your steps

During the first week of the Lighten Up Louisiana program, don't make any changes in your normal routine. Use the pedometer to track the steps you take each day. Important: remember to reset your pedometer to 0 at the end of the day or in the morning before you clip it on.



DAY OF THE WEEK	# OF STEPS TAKEN
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	

Goals

If you are below an average of 10,000 steps or if your goal is 12,000 to 15,000 steps for substantial weight loss, it is suggested that you work on increasing your steps in small, achievable increments. Most people find it manageable to increase their steps by 20 percent daily.

Divide the total steps you took last week by 7. Now multiple this number by 1.2. This is your new Lighten Up Louisiana target for moving this week.

Track your steps with a pedometer and increase your steps by 20 percent each week until you reach your overall goal of 10,000 steps, or 12,000 to 15,000 steps for weight loss.

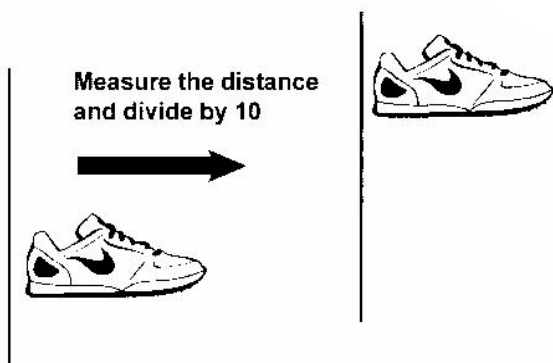
"USING A PEDOMETER WAS THE KEY TO MY SUCCESS!!"

(cont'd)

Measure your stride

Measure at least 10 steps. Do this by completing the following:

1. Mark a spot on the ground or on the floor.
2. Place the heel of one foot against the mark and take 10 steps. Place a second mark behind the heel of the foot that took the 10th step.
3. Measure the distance between the two marks in inches. Now divide by 10. This is your step length.



This Chart shows the number of steps it takes for various step lengths to walk a mile

STEPS LENGTH IN INCHES	NUMBER OF STEPS IN ONE MILE
15	4,224
16	3,960
17	3,727
18	3,520
19	3,335
20	3,168
21	3,017
22	2,880
23	2,755
24	2,640
25	2,534
26	2,437
27	2,347
28	2,263
29	2,185
30	2,112
31	2,044
32	1,980
33	1,920
34	1,864
35	1,810
36	1,760

How to increase your steps

- Park at the back of parking lots instead of at the front.
- Get up and walk during television commercials
- (1 hr. of television = 17 minutes of commercials).
- Take stairs instead of the elevators.
- Walk on your lunch break.

Report your distance

1. Total the number of steps taken in a month.
1. Find your step length and the number of steps in a mile on the chart above.
3. Divide the total number of steps you have taken by the number of steps in a mile for your step length.
4. Use the monthly log sheet to keep track of daily miles.
5. Report the final amount (number of miles) to your team captain.

RESOURCES

Web Sites

www.aarp.org/health - has healthy tips on exercise, eating right and personal care

www.aboutproduce.com - information about produce: recipes and benefits of fruits, vegetables, nuts and herbs

www.acefitness.org - American Council of Exercise

www.americaonthemove.org - "America on the Move: Simple Steps to Better Health"

www.caloriesperhour.com - calories burned and food calories calculator

www.cdc.gov/nccdphp/exemplary/index.htm - exemplary state programs in chronic disease prevention

www.cdc.gov/nccdphp/dnpha - National Center for Chronic Disease Prevention and Health Promotion

www.creativewalking.com - provides resources for a motivational and creative approach to wellness

www.eatright.org - American Dietetic Association promoting optimal nutrition, health and well being

www.foodsafety.gov/~fsg/Fsgkids.html - provides links to food safety information

www.healthandage.com - health information for "Health at Every Age"

www.healthyaging.net - provides "Keys to Healthy Aging"

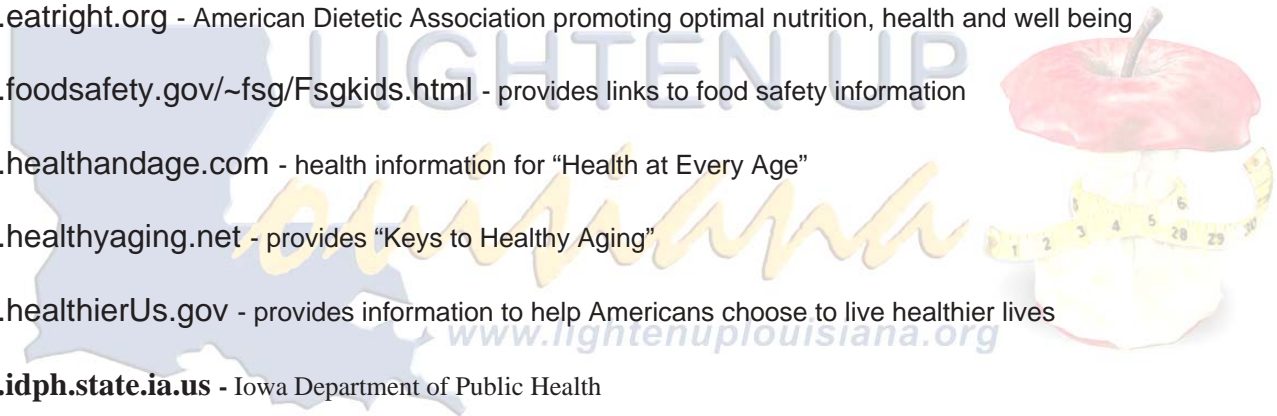
www.healthierUs.gov - provides information to help Americans choose to live healthier lives

www.idph.state.ia.us - Iowa Department of Public Health

www.idph.state.ia.us/pickabetersnack - information on Iowa nutrition network's social marketing campaign

www.idph.state.ia.us/resources.asp - Iowa Department of Public Health resources, publications and data

www.iowagames.org - Iowa Games



RESOURCES

(cont'd)

www.lightenupiowa.org - Lighten Up Iowa

www.ncpad.org - The National Center on Physical Activity and Disability

www.nutritiondata.com - provides simplified nutritional analyses for all foods and recipes

www.rwjf.org/publications/publicationsPdfs/Age50_Blueprint_singlepages.pdf - provides information on

“increasing physical activity among adults age 50 and older”

www.sne.org - society for nutrition education

www.state.ia.us/elderaffairs/ - Iowa Department of Elder Affairs

www.walking.about.com - numerous articles on walking

www.who.int/hpr/ageing/publications.htm#Active9020Ageing - information about aging and life course

www.5aday.com - “5-A-Day for Better Health” program

Books/Publications

Walking for Health...Walking with Joy! A congregation-based Walking Program. Developed by Gail Holcomb, RN, MS, Mercy Medical Center - Des Moines. For a copy, visit www.healthypolk.org

ISU Extension publications including:

Walking (N3410)

Water (PM 1813)

Fruit and Vegetables Are Important (PM 1855)

SUPPORTING ORGANIZATIONS

Louisiana Governor's Council on

Physical Fitness and Sports Games

The purpose of the Governor's Games is to provide Louisianans

with wholesome avenues for positive personal

development through sports and physical activity. The

Governor's Games recognize athletes' dedication and

achievement and strive to offer all citizens the

opportunity to participate. More than 15,000 people

from all 64 parishes participate yearly in the Governor's Games events. As the founder of **Lighten Up Louisiana**, the Governor's Games continue to lead the way in encouraging Louisianans to become healthier through physical activity and diet. Visit <http://www.dhh.state.la.us/laphysical>



ORGANIZATIONAL STRUCTURE

The mission of the Department of Health and Hospitals is to protect and promote health and to ensure access to medical, preventive, and rehabilitative services for all citizens of the State of Louisiana.

DEPARTMENTAL PHILOSOPHY

The Department of Health and Hospitals is dedicated to fulfilling its mission through direct provision of quality services, the development and stimulation of services of others, and the utilization of available resources in the most effective manner.