Healthy Eating, Active Living Tips

“5-2-1-0 Healthy NH” is a statewide public education campaign to bring awareness to daily recommendations for nutrition and physical activity. The message is simple and clear and represents some of the most important steps families can take to prevent childhood obesity.

- Eat at least five servings of fruits and vegetables each day
- Limit recreational screen-time to two hours or less per day (TV’s, computers, tablets, phones and other electronic devices)
- Get one hour of physical activity each day, especially important for youth
- Cut out sugar-sweetened beverages such as; soda, sports drinks, and fruit drinks

Would you like to help implement 5-2-1-0 in your school or community group? The Capital Area Wellness Coalition can support you in getting the 5-2-1-0 campaign up and running! Visit capwellness.org for posters, parent letters and ideas for learning activities. Educational workshops on healthy eating, dining out, fitness and more are also available—please contact us!

capwellness@crhc.org

Energy Bites
1 bite = 1 serving

Ingredient
1 C oats
1/2 C cacao nibs
1/2 C ground flax
1/2 C nut butter
1/3 C honey
1 tsp vanilla extract

Preparation:
Combine ingredients and mix. Roll into one inch balls and place on wax paper in glass or plastic container. Cover and freeze for one hour.

Healthy Trail Snack

Get moving and get rewarded!
The Concord Trails Passport is designed to help you improve your health and take advantage of the 31 trails that make up the Concord trail system. Whether you want to walk, run, bike, snow shoe or cross country ski, capital region residents have access to many healthy opportunities.

In addition to good health, when you participate in the Concord Trails Passport, you can receive discounts at local vendors. Simply fill out the Concord Trails Passport form and submit it to a local police station or fire station.

Email capwellness@crhc.org for more information on how to participate.

HiKE FOR THE HEALTH OF IT!
Your passport to healthy living in the Capital Region!
capwellness.org

DON’T FORGET YOUR WATER BOTTLE TO STAY HYDRATED.

How it works
To earn your discount passport, you must complete at least 20 of the 31 Concord trails. Document the date you complete each trail on the chart on the reverse side. Once you have completed 20 or more, complete and submit this form and a discount passport will be sent to you! For detailed maps, visit concordnh.gov/trails.

First Name _______________________________
Last Name _______________________________
Email Address_____________________________
Home Address ____________________________
________________________________________
________________________________________
How did you hear about this program?
________________________________________
________________________________________

How it Works
10% off any single purchase
35% off sports
15% off of our regular priced lawn mowers
10% off of our lawn mowers
Live Life
10% of our annual revenue
50% off of our current Roots wear
Won’t stop
10% of our annual revenue
Flat tire on your bike?
20% off of our Flat Fix kit
Do good and praise
100% of our annual revenue
Concord Hospital: Center for Health Promotion 1 week guest pass (ID and Waiver required)
Concord Family YMCA 10% off one item
Celeste Oli
10% off one item
Concord Green Goods 1 week guest pass (ID and Waiver required)
Concord Family YMCA 10% off one item
Celeste Oli
10% off one item
Bona Fide Green Goods 10% off one item
Concord Family YMCA 10% off one item
Celeste Oli
10% off one item
Concord Green Goods 10% off one item

Healthy Eating
Active Living Tips
Please remember to follow trail etiquette:
- No motorized vehicles, camping, fires (without permission, or littering)
- Please do not disturb plants and wildlife
- Please respect the private property surrounding the trails
- Dogs are allowed; please use proper etiquette and pick up after your dog

**Trails to jumpstart your trek**

**Not sure where to start?** The trails below are some of the more popular, offering varying options for distance along with scenic views and nature opportunities.

**Marjory Swepe Park Trail (map 25)**
The Marjory Swepe trail is a fairly new trail to the system and has three different trails with great views. Hike to Gillfillan Rock, the Observation Tower and beautiful vista of Penacook Lake.

**Winant Park Trails (Map 21)**
Winant Park trails offer panoramic views of the State House, St. Paul’s Campus and even Mt. Monadnock.

**Oak Hill Trails (Map 12)**
The Oak Hill trails provide iconic views of the western mountains in the Monadnock region from the Vista Way trail, and of the White Mountains up north from the Dancing Bear Trail. There is also a fire tower on the summit where you can take in all of these views at once.

**Broken Ground Trails (Map 30)**
A diverse group of trails ranging from .4 miles to 2.3 miles (or longer if you combine trails). Yellow and blue trails take you past Beaver Pond.

**Don’t forget a post exercise stretch**

1. **Quadriceps Stretch**
   Stand on one foot. Hold ankle of opposite leg and pull heel toward buttocks until stretch is felt in front of thigh. Hold; repeat on other side.

2. **Calf Stretch**
   Step one foot behind you, keeping back knee straight and press the heel down toward the floor. Hold; repeat on other side.

3. **Hip Flexor Stretch**
   Kneel on right knee, place left foot in front. Keeping upper body upright, lunge forward until a stretch is felt in the front of the right hip and thigh. Hold; repeat on other side.

4. **Hamstring Stretch**
   Place left foot in front of right, heel down and toe pointed toward ceiling. With back straight, bend at hips and lean forward slightly until you feel a gentle pull in back of left thigh. Hold; repeat on other side.