



# North Country Wellness and Community Resource Guide

A Project of the North Country Health Improvement Initiative

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*This project is an initiative of*



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**The format of this guide was inspired by the Wellness and Community Resource Guide developed by the VAPAHCS Healthier US Veterans Committee using the VA National Center for Health Promotion and Disease Prevention (NCP) VA MOVE! weight management program and local community resources.**

*Information specific to Northern New Hampshire was accurate at the time of printing. Contact information may change or other resources may become available.*







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"An ounce of prevention is worth a pound of cure." ~ Benjamin Franklin

## Introduction

The North Country Health Consortium, University of Wisconsin School of Population Health, and the Robert Wood Johnson foundation have joined forces to improve the health of Northern New Hampshire by organizing a Health Improvement Planning Initiative with three community level health improvement working groups. The working groups each identified **obesity prevention** as the health priority area to focus on in 2012-2013, and they agreed that creating a Wellness and Community Resource Guide would bring a greater awareness to available resources.

The North Country Health Improvement Working Groups and the North Country Health Consortium developed this Wellness and Community Resource Guide as a tool for you to use in your journey to healthy living. Maintaining a healthy lifestyle and healthy weight are essential elements for achieving overall health. People who are overweight or obese have an increased risk for health problems, such as high blood pressure, type 2 diabetes, heart disease, stroke, some types of cancer, sleep, respiratory problems, depression and eating disorders.

The information in this guide serves as an introduction to healthy eating, shopping and exercise. This guide contains information on nutrition, the benefits of regular physical activity, and how to get started exercising for all levels of physical ability. This guide also contains a list of community resources spread throughout Northern New Hampshire that are accessible to all members of the community. The contact information and online resources for the community facilities are included in this guide.



*Local community members enjoy a yoga class at Littleton Regional Healthcare.*



# How Do I Start Changing My Eating Habits?

- Set short-term goals and write them down.
- Make one or two changes at a time and start with something easy.
- Tell yourself to eat until you are satisfied, not until you are stuffed.
- Take your time, eat slowly and enjoy your food.
- Keep a food record to help you see where changes can be made.
- Consider some of the following to get started:
  - Eat more fruits, vegetables, whole grains and low fat dairy products. These are good for you and help to fill you up.
  - Drink a glass of water before eating.
  - Drink water, diet sodas, or artificially sweetened drinks instead of sugar-sweetened beverages.
  - Get rid of snack foods high in calories, fat and sugar. If you don't have these foods available, you won't be as tempted to eat them.
  - Have healthy snacks easily available.
  - Broil, bake, steam or grill your food instead of frying it.
  - Choose lean cuts of meat; cut off visible fat.
  - Plan snacks and meals ahead of time.
  - Avoid alcohol.



# Making Healthy Food Choices

*Please reference the dietary guidelines for Americans at [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov).*

**Living a healthier lifestyle does not mean that you have to skip meals, run a marathon, or take away your favorite foods. Being heart healthy means lifestyle changes. You can make permanent changes, and these changes can become habits!**

**Heart healthy living includes exercising daily, eating more fiber, drinking more water, eating less meat, eating fewer greasy or fried foods, and using less salt.**

## ***Eat More Fiber:***

- Have 6-11 servings a day of grains. A serving size is equal to one slice of bread, 1/2 cup of cereal, or 1/2 cup of cooked pasta or rice.
- Eat 5 or more servings per day of fruits, vegetables, dried beans and peas.
- It is better to eat the fruit than drink juice when it comes to getting fiber.

## ***Drink More Water:***

- Thirst is not always a good indicator of how much water you need, so throughout the day, drink eight 8oz cups of water. A high fiber diet can cause constipation without the addition of water.

## ***Eat Less Fat, Less Saturated Fat And Less Cholesterol:***

- Reduce saturated fat and cholesterol intake. Saturated fats are mostly found in animal products.
- Limit total fat, such as margarine, oil, fried foods, gravy and cheese sauces. Canola oil, olive oil and peanut oil are the most beneficial fats for your heart, but these are still fat, so limit how much you use.



- Limit how much meat, cheese, butter and whole milk you use. When eating meats, try to limit the cooked serving to the size of a deck of cards. Choose chicken, turkey and fish more often, but do not fry them.

### ***Eat Less Salt:***

- Too much salt can cause swelling, raise blood pressure or cause problems with your heart.
- Use herbs that do not contain the word “salt” to spice up your food. For example, choose garlic powder instead of garlic salt.
- Try to limit most processed foods. They are high in sodium. Examples include regular frozen dinners, pot pies, macaroni and cheese, canned soups and luncheon meats.
- Avoid adding salt during cooking or at the table.

### ***Be Active:***

- Do the activities you enjoy! Try a variety of exercises. Ask your provider how much exercise you need.
- Start gradually and increase slowly. If you can handle 5 minutes at first, that is fine. Keep it up. You will build more energy with time!
- Make exercise a daily routine. If you only exercise 3 times a week, you may put it off. Consistent exercise will help you have more energy.
- Exercise with a friend or family member. It can be a social activity!

### ***Eat More Often With Smaller Meals:***

- Do not skip meals!
- Eat three small meals with two or three small snacks in between.
- Try to eat a fruit and vegetables first; the fiber helps you feel full.

## *Sample Menu*

Be sure to read nutrition labels. Note the serving size first.  
Look for calories, fat, saturated fat, cholesterol and sodium content.

### **Breakfast**

1 cup oatmeal  
1 banana  
1 cup skim milk  
1 slice whole wheat toast  
1 tsp. low fat margarine

### **Snack**

1 peach  
1 cup sugar free, low fat yogurt

### **Lunch**

2 slices whole grain bread  
1 slice turkey  
1 cup salad (mix of raw vegetables) with 1 tbsp. fat free/light Italian dressing  
10 grapes

### **Dinner**

3 oz roasted chicken (size of a deck of cards)  
1/2 cup green beans seasoned with basil  
1 baked potato (the skin has fiber!)  
1 tbsp. fat free sour cream  
1 cup canned light fruit (in its own juice)  
1 whole wheat roll  
1/2 cup sugar free, low fat ice cream

### **Night Snack**

3 cups light, low salt (low sodium) popcorn



# Smart Shopping

Some food choices are better than others. Next time you're buying groceries, remember these smart shopping tips.

## *Produce Section*

- Fresh vegetables are always a good choice. When you prepare them, you control the added fat and salt.
- Citrus isn't the only good vitamin C choice. Peppers, tomatoes, broccoli, cabbage, potatoes, greens (collard, mustard and turnip), cantaloupe, honeydew melon, kiwifruit, mango, papaya and strawberries are all rich in vitamin C.
- Edible skins of fruits and vegetables and seeds (berries, tomatoes, sunflower seeds) are good sources of fiber.
- Fruits and vegetables that are deep-colored green, yellow or orange throughout are high in vitamin A.

## *Deli Counter*

- Sliced roast beef, turkey and lean ham are good low fat choices.
- Pressed meats, lean ham and Canadian bacon are low fat but high in sodium.
- Turkey and chicken franks do not always have less fat than beef franks; some are merely smaller. Check nutrition label for sodium and fat content.
- To limit fat, try salads made without creamy dressings.
- If processed lunch meats are used, select those marked 95% fat free.



### ***Dairy Case***

- Look for part-skim mozzarella and string cheese; part-skim or low fat ricotta; and "light" and reduced-calories cheeses that contain less than 5 grams of fat per ounce.
- Choose milk, buttermilk, cottage cheese and yogurt that are low fat and have less than 200 calories per serving.
- A little sharp cheese has more flavor and less fat than a larger amount of milder cheese.

### ***Bread And Cereal Shelves***

- Look for cereal with at least 2 grams of fiber, 8 grams or less of sugar, and 2 grams or less fat per serving.
- Compare portion sizes and calories on cereal labels; servings range from 3/4 to 1 cup.
- Look for the words "whole wheat" or "whole grain" at the beginning of the ingredient listing. "Wheat flour" is nutritionally equal to white flour.

### ***Canned Food Aisles***

- Choose 100% pure fruit juices instead of fruit "drinks" or "punches."
- The edible bones of canned salmon and sardines provide calcium. Canned beans, peas, corn and vegetables are quick and easy sources of vitamins, minerals and fiber.
- Check sodium levels of canned foods if your sodium level is restricted.



## ***Packaged Products***

- Limit products with palm, palm kernel or coconut oil high on their ingredient lists.
- Thick, unsalted pretzels are lower in fat and sodium than most other packaged snacks.
- Graham crackers, animal crackers, gingersnaps and fig bars have less sugar and fat than most other cookies.
- Most microwave popcorn is high in fat and sodium. Make your own in an air popper or with a limited amount of oil and butter-flavored substitute or cooking spray.
- Rice and pasta mixes are high in sodium; use only one-half the seasoning packet.

## ***Fat, Oil And Dressing Selections***

- Soft, tub margarines and spreads are made with unsaturated oils.
- Regular butter and margarine have 100 calories per tablespoon; spreadables have 80 calories per tablespoon; whipped varieties have 70 calories per tablespoon.
- Some “light” oils are light only in color and flavor, not in fat or calories. “Light” mayonnaise has about half the calories of regular mayonnaise.
- To cut fat, use diet dressings with less than 10 calories per tablespoon on salad and as a marinade for meat, poultry or vegetables.



## ***Meat Counter***

- Select lean, well-trimmed cuts: flank steak, round steak or roasts, sirloin or tenderloin, pork chops or 85% lean ground beef.
- Meat graded “select” has less fat than “choice” or “prime” grades.
- Lean beef, pork and lamb are not much higher in dietary cholesterol than poultry or fish, but they have more saturated fat.
- Beef liver is very high in iron, zinc and many vitamins but also high in dietary cholesterol.
- Limit high-fat meats: ribs, corned beef, sausage and bacon.

## ***Fresh Fish And Poultry Section***

- Half of chicken’s calories are in the skin. Buy skinless parts or remove skin of cooked poultry before eating.
- Fish from deep waters have heart-healthy omega-3 fatty acids: salmon, tuna, mackerel, sea trout, bluefish, herring, bonito and pompano.
- Most chicken and turkey nuggets, patties and rolls are made with ground skin and have a lot of salt.

## ***Frozen Food Cases***

- Purchase frozen fish and poultry without breading to limit fat and sodium.
- Look for frozen dinners with less than 15 grams of fat, 400 calories and 800 milligrams of sodium.
- Frozen concentrates are often the least expensive form of fruit juice.
- Ice milk and low fat frozen yogurt have less fat than ice cream.
- Plain, frozen vegetables have less fat and salt than those in sauces.
- Frozen juice and fruit bars with no added sugar or cream are good choices.



## How Can A Registered Dietitian Help?

A Registered Dietitian (RD) is an expert in food and nutrition. Dietitians promote good health through proper eating. Dietitians can offer suggestions for meal planning and smart shopping. Dietitians can also provide nutritional guidance that when followed, results in a healthier nutritional lifestyle. Eating right is a powerful tool that can help prevent health problems, or improve current conditions. Local resources are included below:

*\* Please note that the information below highlights what was available at the time of printing. Contact information may change or other resources may become available.*

Hospital/Organization	Registered Dietitian Name	Physical Address	Phone
Cottage Hospital	Sue Montague, RD	90 Swiftwater Road Woodsville, NH 03785	603-747-9313
Integrated Optimal Health Consulting	Marie Veselsky, RD, LD	101 Boulder Point #3 Plymouth, NH 03264	603-770-4856
Littleton Regional Healthcare	Deborah Tewksbury, RD	600 St. Johnsbury Road Littleton, NH 03561	603-444-9545
Northeastern Vermont Regional Hospital	Sharon Anderson, RD	1315 Hospital Drive St. Johnsbury, VT 05819	802-748-7433
Northeastern Vermont Regional Hospital	Virginia Flanders, CDE, RD, LD	1315 Hospital Drive St. Johnsbury, VT 05819	802-748-7433
Spere Memorial Hospital	Janette Gaumer, RD, LD	16 Hospital Road Plymouth, NH 03264	603-238-2244
Spere Memorial Hospital	Jean Baker, RD, LD	16 Hospital Road Plymouth, NH 03264	603-238-6472
Weeks Medical Center	Gwen Gardner Stewart, RD, LD	170 Middle Street Lancaster, NH 03584	603-788-2521



# Nutritional Counseling Resources

## *Diabetic Counselors*

Teaching basic nutrition and how to make healthy food choices. Local resources are included below:

*\* Please note that the information below highlights what was available at the time of printing. Contact information may change or other resources may become available.*

Hospital/Organization	Diabetic Counselor Name	Physical Address	Phone
Cottage Hospital	Bonnie Bromage, RN	90 Swiftwater Road Woodsville, NH 03785	603-747-9212
Cottage Hospital	Sue Montague, RD	90 Swiftwater Road Woodsville, NH 03785	603-747-9313
Integrated Optimal Health Consulting	Marie Veselsky, RD, LD, CDE	101 Boulder Point #3 Plymouth, NH 03264	603-770-4856
Littleton Regional Healthcare	Bonnie Bromage, RN	600 St. Johnsbury Road Littleton, NH 03561	603-444-9323
Northeastern Vermont Regional Hospital	Virginia Flanders, RD, CDE, LD	1315 Hospital Drive St. Johnsbury, VT 05819	802-748-7433
Speare Memorial Hospital	Janette Gaumer, RD, LD	16 Hospital Road Plymouth, NH 03264	603-238-2244
Speare Memorial Hospital	Jean Baker, RD, LD	16 Hospital Road Plymouth, NH 03264	603-238-6472
Weeks Medical Center	Gwen Gardner Stewart, RD, LD	170 Middle Street Lancaster, NH 03584	603-788-2521

**\*\* Many employers may reimburse for participation in wellness efforts. Check with your insurance provider, wellness committee and/or employer to see if you can get reimbursed for these efforts.**



# Change Your Thinking About Food, Exercise And Yourself

**What you think drives what you do.**

**You can change your thinking. Here are some helpful tips:**

- Make a firm decision to get serious.
- Make your weight management program one of your top priorities.
- Realize that you have control over your weight.
- Eating and other lifestyle behaviors have been learned; therefore, they can be replaced or changed.
- Think positively!
- Tell yourself you're worth the effort!
- Think about exercise and physical fitness as increasing your energy, vitality and wellbeing.
- Think of eating and physical activity as needing a balance. You have the power to tip the scales.
- Think about weight management as a life-long effort and a way to be good to yourself.



# Benefits Of Regular Physical Activity

- Helps you manage your weight by reducing body fat.
- Reduces your risk of coronary heart disease.
- Reduces your risk of stroke.
- Decreases blood pressure.
- Reduces your risk of colon cancer.
- Helps prevent and control diabetes.
- Gives you more energy.
- Helps you sleep better.
- Improves your heart and lungs.
- May decrease bad (LDL) cholesterol and raise good (HDL) cholesterol.
- Strengthens bones and helps prevent injury.
- Increases muscular strength and endurance.
- Increases flexibility and range of motion.
- Improves your mood.
- Helps with stress and depression.
- Improves self-esteem.
- Makes you feel better.



# How Do I Get Started With Increasing My Physical Activity?

## *General tips on increasing physical activity:*

- Start slowly; choose the type and amount of activity that is right for you.
- Increase your everyday activity. Take the stairs. Park farther away and walk. Clean your house. Get up to change the TV channel. Walk to check your mail.
- Walking is a great way to increase your physical activity. It's free and you can do it almost anywhere.
- Use a pedometer to count the number of steps you take everyday.
- You don't have to belong to a gym. Choose any activity that gets you moving.
- For weight loss, exercising longer is better than exercising harder. Mild to moderate exercise will do the job.
- Aim to be physically active for at least 30 minutes on most days of the week. Even longer would be better, but try not to overdo it at first.
- Wear comfortable shoes and clothes that are right for the activity and weather.
- Listen to your body. You are the best judge of how hard and how long you should exercise.
- Recruit an activity buddy; someone who likes the same activity and can keep you motivated.
- Warm-up, cool-down, and stretch before, during and after activity to prevent injury and reduce muscle soreness.
- Whether its summer or winter, drink plenty of water before, during and after activity. Increasing your physical activity levels does not mean you have to join the local gym or athletic club. There are many fun ways to increase activity slowly and safely. The best thing about physical activity is that even a little can make you feel a whole lot better. In no time at all, you will have more energy, sleep better and feel fitter.



## **Safety First:**

- Check with your primary care provider before beginning a program of physical activity.
- Stop exercising immediately if you experience any of the following:
  - Severe pain, tightness, pressure or discomfort in your chest.
  - Severe shortness of breath.
  - Severe nausea or vomiting.
  - Sudden onset weakness or changes in sensation in your arm and/or leg on one side of your body.
  - Difficulty swallowing, talking or seeing.
  - Severe headache or dizziness.

**Call 911 immediately if the symptoms do not disappear within a few minutes.**

**If you have less severe, new or worsening symptoms when beginning or increasing physical activity, please see your primary care provider.**



## Exercise Can Be Fun!

**So you don't like physical activity? There are lots of ways to be physically active without doing what you might consider a workout or exercise.**

- Go walking with others.
- Dance.
- Get the whole family involved in some physical activity, like walking in a park.
- Find a beginner's exercise class that you might enjoy.
- Do housework to music.
- Try out a new sport or activity.
- Go bicycling with family or friends.
- Check out your local community center for upcoming events.
- Play golf – carry your clubs to burn more calories or use a pull cart.



# Activities To Fit Your Lifestyle

**Exercise does not have to be planned. Think of all the ways you can be active during your day.**

- Walk or ride a bike for transportation.
- Take the stairs instead of the elevator.
- Park at the far end of the parking lot and walk.
- Get off the bus one stop early and walk the rest of the way.
- Walk your dog, or borrow someone else's dog.
- Take a brisk walk while you are shopping at the mall.
- Walk to your mailbox.
- Mow the grass. Rake the leaves. Weed the garden.
- Dance whenever you can.
- Wash your car.
- Vacuum or sweep the floor often.
- Get up to change the TV channel—don't use the remote.
- March in place during TV commercials.
- Stretch or do chair exercises while watching TV.
- Stand up and step in place while using the phone.
- Walk down the hall to talk to a coworker instead of using the phone or sending an email.
- On work breaks take a 5-10 minute walk.



# Walking

**Walking is a great way to be more physically active. It's free, fun and you can do it almost anywhere.**

*Here are 6 reasons to get up and walk:*

1. Regular walking burns calories, which in addition to a healthy diet can help you to manage your weight.
2. More than half the body's muscles are designed for walking; it is a natural movement that is almost injury-free.
3. Regular brisk walking has many health benefits.
4. Brisk walking is an aerobic activity. It makes your heart, lungs and muscles stronger.
5. Walking refreshes the mind, reduces fatigue, increases energy and improves sleep.
6. Walking can be a great time for sharing and socializing with friends and family.

*Getting started:*

- A little walking everyday is better than an occasional weekend bout of activity. Start with short walks and build from there.
- Choose routes that are interesting, safe and convenient. Avoid heavy traffic, loose dogs and rough ground. Remember hills are more difficult.
- Walking with others can help motivate you.
- Be safe. Take a friend when it is dark outside. Tell someone where you are going, and bring a cell phone if you can.



- When it is very hot, walk during the coolest hours, choose a shady route and walk a little slower.
- When it is cold, avoid icy surfaces.
- Dress in loose, comfortable clothing. In cold weather, dress in layers and wear mittens and a hat.
- Wear comfortable, appropriate shoes.
- Consider using a pedometer to measure the number of steps you walk.
- Warm-up before and cool-down after activity.

## **Walking Resources:**

### **Walk New Hampshire**

[www.walknh.org](http://www.walknh.org)

### **Franconia State park**

[www.nhstateparks.org](http://www.nhstateparks.org)

### **AMC Highland Center**

[www.outdoors.org](http://www.outdoors.org)

### **Get Up New Hampshire: Activities in Northern New Hampshire**

[www.GetUpNH.com](http://www.GetUpNH.com)

### **Rock Estate**

[www.therocks.org](http://www.therocks.org)



## Calories Burned During Physical Activities

*Ever wonder how many calories you burn while physically active?*

The following is a list of activities along with the number of calories burned during 10 minutes of activity. The figures given are for men ranging in weight from 175-250 lbs and women ranging from 140-200 lbs. If you weigh more than this you will burn more calories per minute.

### Physical Activity Calories Burned In 10 Minutes Man / Woman

#### Light Activities 50cal / 40cal

Cleaning house or office work  
Playing baseball  
Playing golf with a motor cart

#### Moderate Activities 80cal / 60cal

Walking briskly (3.5 mph)  
Gardening  
Leisurely bicycling (5.5 mph)  
Playing basketball  
Wheeling self in wheelchair  
Shoveling snow or dancing fast

#### Strenuous Activities 120cal / 100cal

Jogging (9 min/mile)  
Playing football  
Swimming

#### Very Strenuous Activities 150cal / 120cal

Running (7 min/mile)  
Racquetball  
Cross-country skiing

*The number of calories you burn during physical activity varies depending on a number of factors including weight, age and environmental conditions.*



# Body Mass Index

		WEIGHT (LBS)																				
		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320
4'5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	63	65	68	70	72	75	77	80
4'7"	28	30	33	35	37	40	42	44	47	49	51	54	56	58	61	63	65	68	70	72	75	77
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	70	72	74
4'9"	26	28	30	33	35	37	39	41	43	46	48	50	52	54	56	59	61	63	65	67	69	72
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	69
4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65	67
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42
6'3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40	41
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40
6'5"	14	15	17	18	19	20	21	23	24	25	26	27	29	30	31	32	33	34	36	37	38	39
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38
6'7"	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33	34	35	36
6'9"	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35
6'10"	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35
6'10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
6'10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
6'10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
6'10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34

Underweight: BMI = less than 18.5  
 Normal weight: BMI = 18.5 to 24.9  
 Overweight: BMI = 25 to 29.9  
 Obesity: BMI = 30 to 39.9  
 Extreme Obesity: BMI = 40 and above

Source: National Obesity Educational Initiative

M06 - Version 2.0



# Daily Food And Physical Activity Log



WEEKLY GOAL: \_\_\_\_\_

DATE: \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Record everything you eat and drink, and the time of day.							
Physical Activity: Type and Time in minutes							
Pedometer steps							

Record everything you eat and drink in the boxes provided. Record any physical activity. You can also log your pedometer steps. Review this log at the end of each week to see if you met your weekly goal/s. Use it to help you decide what goal/s to set for the next week.

SOB Version 2.0



# Community Resources

*All information was current at the time of printing.*

<b>Libraries</b>			
Abbie Greenleaf Library	439 Main Street	Franconia	(603) 823-8424
Bath Public Librarty	Route 302	Bath	(603) 747-3372
Bethlehem Public Library	2155 Main Street	Bethlehem	(603) 869-2409
Easton Public Library	1060 Easton Valley Road	Easton	(603) 823-8017
Haverhill Library Associates	67 Court Street	Haverhill	(603) 989-5578
Joseph Patch Library	Main Street	Warren	(603) 764-9072
Lincoln Public Library	Main Street	Lincoln	(603) 745-8159
Lisbon Public Library	18 School Street	Lisbon	(603) 838-6615
Littleton Town Library	109 Main Street	Littleton	(603) 444-5741
Monroe Public Library	19 Plains Road	Monroe	(603) 638-4736
Moosilauke Public Library	165 Lost River Road	North Woodstock	(603) 745-9971
Patten Public Library	Dartmouth College Highway	North Haverhill	(603) 787-2542
Piermont Public Library	Dartmouth College Highway	Piermont	(603) 272-4967
Pike Library	Mount Moosilauke Highway	Pike	(603) 989-9847
Richardson Memorial Library	1411 Route 117	Sugar Hill	(603) 823-7001
Woodsville Free Public Library	14 School Lane	Woodsville	(603) 747-3483
St. Johnsbury Athenaeum	1171 Main Street	St. Johnsbury, VT	(802) 748-8291

## *Local Programs For Physical Activity And Health Education*

### **Local TV Health Info:**

[www.latvchannel2.com](http://www.latvchannel2.com) - Has limited health information videos available for viewing.

<http://www.nhptv.org/livefitnh/default.asp> - NH Public TV with links to "LiveFit NH."

### **Locate Breast Cancer Awareness Walks**

[www.makingstrideswalk.org](http://www.makingstrideswalk.org)

### **Locate Races In NH And Vicinity**

<http://www.runningintheusa.com>

Website allows you to search for races by month or type of race.



## **Top Notch Triathlon**

August in Franconia

<http://www.franconianh.org/top-notch-triathlon.html>

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## **Thanksgiving Day Gobble Wobble 5K Road Race**

November in Franconia

Contact Kim at 603-991-8925 or email [recreation@franconianh.org](mailto:recreation@franconianh.org) and [adaptivesportspartners.org](http://adaptivesportspartners.org).

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## **Frozen Toes Adventure Race**

February 16<sup>th</sup> in Littleton - Info at Littleton Bike & Fitness

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## **Cabin Fever 5K**

Saturday, February 23<sup>rd</sup> in Franconia - Info at [Franconianh.org](http://Franconianh.org) or [adaptivesportspartners.org](http://adaptivesportspartners.org)

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## **Ammonoosuc Amble**

5mile walk/run, April - [http://www.ammonoosuc.org/index.php/amble/details/19th\\_annual\\_ammonoosuc\\_amble](http://www.ammonoosuc.org/index.php/amble/details/19th_annual_ammonoosuc_amble)

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## **Hospice Walk-A-Thon**

May in Littleton - <http://www.nchha.com/support.html>

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## **White Mountain Cycling Classic**

June - Lincoln

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## **Franconia Scramble 10K**

July 6<sup>th</sup> - Franconia - Info at [Franconianh.org](http://Franconianh.org)

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## **Any Which Way You Can Triathlon Challenge**

August - October - Info at <http://adaptivesportspartners.org>

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## **White Mountain Gran Fondo**

August 24<sup>th</sup> - Lincoln - <http://www.whitemountaingranfondo.com>

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## **Three Notch Century Ride**

September - Lincoln - [www.threenotchcentury.org](http://www.threenotchcentury.org)

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## **Adaptive Sport and Recreation Organizations:**

Adaptive Sports Partners of the North Country

461 Main Street, PO Box 304

Franconia, NH 03580

603-823-5232 or [info@adaptivesportspartners.org](mailto:info@adaptivesportspartners.org)

[www.adaptivesportspartners.org](http://www.adaptivesportspartners.org)



Enriches the quality of life of people with disabilities through year-round opportunities for sport and recreations. Sports include: Hiking, biking, kayaking, golf, tennis & wheelchair tennis, swimming, alpine skiing and riding, nordic skiing, snowshoeing, power wheelchair soccer, indoor boccia and gardening.

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### **Boys & Girls Club:**

Boys & Girls Club of the North Country  
Eric Frydman, Executive Director  
PO Box 111  
Littleton, NH 03561  
Tele: 603-838-5954

**Email:** [efrydman@bgcnc.net](mailto:efrydman@bgcnc.net)

**Web:** [www.bgcnc.net](http://www.bgcnc.net)

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### **4-H Clubs:**

<http://extension.unh.edu/4H/4H-Healthy.htm> - Clubs available in most areas of Northern Grafton County.

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### **Girls Scouts of the Green & Whites:**

262 Cottage St., #255  
Littleton, NH 03561  
603-444-0038  
877-777-3801

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### **Daniel Webster Boy Scouts Council**

**571 Holt Avenue**

Manchester, NH 03109

1-800-21-0009

Great Northern District, Troop 209, Littleton Covers - Littleton/Lyman/Bethlehem/Franconia

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### **"Walking Wednesday" Programs**

Daisy Bronson Middle School, Littleton

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### **WREN (Women's Rural Entrepreneurial Network)**

Dedicated to improving lives and livelihoods, the Women's Rural Entrepreneurial Network's mission is to inspire, create, and connect through economic, educational, personal, and community development.

[www.wrencommunity.org](http://www.wrencommunity.org)

869-9736, WREN, PO Box 331, Bethlehem, NH 03574

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### **Common Sense Fitness/Power Gym, Littleton**

Location: 9 Eames Way, Littleton, NH

Hours: Monday – Friday 5am – 8:30pm

Saturday & Sunday 7:30am – 12noon

Website: [www.CSFitnessLittleton.com](http://www.CSFitnessLittleton.com)

Phone: (603) 444-2772

Full service fitness center offering Life Fitness weight machines, treadmills, ellipticals, stationary bikes, StairMasters, free weights, personal training, saunas, tanning, and massage therapy.

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## **Littleton Community Center**

[www.littletoncommunitycenter.org](http://www.littletoncommunitycenter.org)

### **Our Cause:**

"Restoring a sense of community in Littleton by ensuring the future and relevance of the Community House and Annex"

### **Our Mission**

**Manage Change:** Ensure the Community House remains relevant to current times. Adapt to the needs of the people. Board of Directors set tone and policies

**Promote Community:** Hold or host events that bring people together. Ensure people are aware of capabilities and services. Instill a sense of ownership by citizens.

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## **Grafton County Senior Citizens Council Congregate Meals**

The Plymouth, Littleton, Horse Meadow, Mascoma and Upper Valley Senior Centers offer lunch every weekday. Congregate lunches are on Tuesdays in Bristol and Orford and on Mondays and Wednesdays in Lincoln.

Most of the senior centers distribute menus for the month in their newsletters or through the local newspaper. Although a contribution is requested to defray the cost of the meal, it is not required and anyone who would like to join us for lunch is welcome. Transportation is available upon request.

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## **Evergreen Sports Center, Lisbon**

[www.evergreensportscenter.com](http://www.evergreensportscenter.com)

Fitness Classes, Gymnastics, Tanning, Tennis, Swimming and Gymnastics, Massage  
2572 Route 302 · Lisbon, NH 03585 · Phone 603.838.6511

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## **USA Karate, Littleton**

[www.sullivanusakarate.com/littleton](http://www.sullivanusakarate.com/littleton)

111 Saranac Street, Littleton, NH 03561 (603) 991-6122

We offer Sullivan's American Kenpo Karate classes for children, teens, and adults, ages 4 to 94!

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## **Hampton Inn, Pool, Littleton**

[www.littletonhotel.com](http://www.littletonhotel.com)

Hampton Inn Littleton Hotel - Littleton, New Hampshire

580 Meadow Street, Littleton, New Hampshire 03561

Reservations: 866-579-0037 Phone: 603-444-0025 Fax: 603-444-0026

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## **Bethlehem Country Club**

[www.bethlehemccnhgolf.com](http://www.bethlehemccnhgolf.com)

Bethlehem Country Club

1901 Main Street

Bethlehem, NH 03574

Call (603) 869-5745

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## **UNH Cooperative Extension – Coos County**

Heidi W. Barker, Program Coordinator, Youth & Family/Nutrition Connections & Extension Field Specialist

629A Main Street, Lancaster, NH 03584 Phone: 603-788-4961 Fax: 603-788-3629 [www.extension.unh.edu](http://www.extension.unh.edu)

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## Maplewood Country Club

Route 302 Bethlehem, NH  
www.maplewoodgolfresort.com, 877-869-3335.  
(603) 838-6511, 1014 Profile Road, Bethlehem, NH

## Bethlehem Activities

www.bethlehemwhitemtns.com/fun.html

## Omni Mt. Washington

www.omnihotels.com  
310 Mt Washington Hotel Road, Bretton Woods, New Hampshire 03575  
Phone: 603-278-1000, Fax: 603-278-8838

### RSVP & The Volunteer Center (Serving Grafton County in NH)

RSVP Bone Builders Current Sites Updated 12/3/2012

No Impact Weight Training Classes Using Evidence Based Curricula

Designed to Increase Bone Density & Balance and Decrease Risk for Falls & Fractures

No Fees, On-Going Enrollment Opportunities

For More Information Call Toll Free: 1-877-711-7787 or Visit: www.rsvptoday.org

Town	Site/Place Name	Address/Phone
Bethlehem	Durrell United Methodist Church	PO Box 728 2057 Main Street Bethlehem, NH 03574 603-869-2056
North Haverhill	Horse Meadow Senior Center	91 Horsemeadow Road Haverhill, NH 03774 603-787-2539
Littleton	Littleton Area Senior Center	PO Box 98 77 Riverglen Lane Littleton, NH 03561 603-444-6050
Littleton	Littleton Regional Healthcare	600 St. Johnsbury Road Littleton, NH 03561 603-444-9000
Monroe	Monroe Town Hall	50 Main Street PO Box 63 Monroe, NH 03771 603-638-2644



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## **Tamarack Tennis, Easton**

[www.tamarackcamp.com](http://www.tamarackcamp.com)

111 Easton Valley Road, Easton, NH 03580

603-823-5656

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## **The Creative Edge Dance Studio**

[www.creativeedgedancestudio.com](http://www.creativeedgedancestudio.com)

1294 Main Street

Bethlehem, NH 03574

603-869-5678

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## **Area Sports Shops:**

### **Littleton Bike and Fitness**

<http://littletonbike.com/articles/local-clubs-pg37.htm>

Littleton Bike and Fitness: Join us on one of these fun rides. Whether you are new to cycling or an old pro, there is a ride that's right for you:

<b>Day</b>	<b>Start Time</b>	<b>Description</b>
Every Tuesday	6:00pm	Littleton Landsharks Club Ride
Every Thursday	6:00pm	White Mountain Velo Club Ride
Every Tuesday	5:30pm	St. Johnsbury, VT - Tuesday Night Road Ride

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### **Franconia Sport Shop**

Main Street, Franconia, NH

<http://www.franconiasports.com>



## Primary Care Providers - Family Practice, Internal Medicine & Pediatrics

Last Name	First Name	Title	Practice	Practice Address	City	State	Zip	Phone
<b>Weeks Medical Center</b>								
Adams	Glenn	DO	Weeks Medical Center	47 Church Street	Groveton	NH	03582	603-636-1101
Avery	Jack	DO	Weeks Medical Center	43 Main Street	N. Stratford	NH	03590	603-992-5039
Ford	John	MD	Weeks Medical Center	8 Clover Lane	Whitefield	NH	03598	603-837-9005
Muello	Wendy	MD	Weeks Medical Center	170 Middle Street	Lancaster	NH	03584	603-788-2521
Nielson	Lars	MD	Weeks Medical Center	170 Middle Street	Lancaster	NH	03584	603-788-2521
Schmidt	Amber	DO	Weeks Medical Center	170 Middle Street	Lancaster	NH	03584	603-788-2521
Tarkleson	Jayne	DO	Weeks Medical Center	8 Clover Lane	Whitefield	NH	03598	603-837-9005
van der Laa	Pancras	MD	Weeks Medical Center	170 Middle Street	Lancaster	NH	03584	603-788-2521
<b>Cottage Hospital</b>								
Connolly	Kevin	MD	Little Rivers Health Care	437 South Main Street	Bradford	VT	05033	802-222-9317
DeFrah	Linda	DO	Grafton County Nursing Home	RR1 Box 71	North Haverhill	NH	03774	603-787-6971
Genereaux	Stephen	MD	Little Rivers Health Care	65 Main Street	Wells River	VT	05033	802-757-2325
Homan	Fay	MD	Little Rivers Health Care	65 Main Street	Wells River	VT	05033	802-757-2325
Lawrence	Melanie	MD	Newbury Health Clinic	4628 Main Street	Newbury	VT	05051	802-866-3000
Pratt	Patricia	MD	Patricia Platt, MD	79 Swiftwater Road, Suite 1	Woodsville	NH	03785	603-747-2743
Reynolds	Jessie	MD	Little Rivers Health Care	437 South Main Street	Bradford	VT	05033	802-222-9317
Sarkis	Marlene	MD	Cottage Hospital Internal Medicine	79 Swiftwater Road, Suite 2	Woodsville	NH	03785	603-747-2900
Solnit	Loren	MD	Ammonoosuc Community Health Services	79 Swiftwater Road, Suite 3	Woodsville	NH	03785	603-747-3740
Young-Xu	Sarah	MD	Ammonoosuc Community Health Services	79 Swiftwater Road, Suite 3	Woodsville	NH	03785	603-747-3740
<b>Littleton Regional Healthcare</b>								
Felgate	Rodney	MD	Linwood Medical Center	PO Box 129, 115 Main Street	Lincoln	NH	03251	603-745-8136
Ferris	Dave	DO	North Country Internal Medicine	580 St. Johnsbury Road	Littleton	NH	03561	603-444-0116
Ford	John	MD	Weeks Medical Center	24 Lancaster Road	Whitefield	NH	03598	603-837-9005
Hallquist	Robin	MD	Robin Hallquist, MD	529 Route 3 South	Twin Mountain	NH	03595	603-846-2250
Jacobs	Jessica	MD	North Country Pediatrics	580 St. Johnsbury Road	Littleton	NH	3561	603-444-2803
Jeffreyes	Virginia	MD	Ammonoosuc Community Health Services	25 Mt. Eustis Road	Littleton	NH	03561	603-444-2464
Kendall	Marvin	MD	White Mountain Family Health Care	580 St. Johnsbury Road	Littleton	NH	03561	603-444-2010
Lakey	William	MD	North Country Pediatrics	580 St. Johnsbury Road	Littleton	NH	03561	603-444-2803
Lawson	Philip	MD	Ammonoosuc Community Health Services	25 Mt. Eustis Road	Littleton	NH	03561	603-444-2464
Nelson	David	DO	Ammonoosuc Community Health Services	25 Mt. Eustis Drive	Littleton	NH	03561	603-444-2464
Patel	Sunit	MD	North Country Pediatrics	580 St. Johnsbury Road	Littleton	NH	03561	603-444-9524
Pearson	Kathleen	DO	LRH Primary Care	580 St. Johnsbury Road	Littleton	NH	03561	603-444-2803
Reeves	Rebekah	MD	Littleton Internal Medicine	580 St. Johnsbury Road	Littleton	NH	03561	603-444-2002
Reisert	Jeffrey	DO	LRH Primary Care	580 St. Johnsbury Road	Littleton	NH	03561	603-444-7070
Silva	Kevin	MD	Littleton Internal Medicine	580 St. Johnsbury Road	Littleton	NH	03561	603-444-9296
Spicer	John	MD	White Mountain Family Health Care	580 St. Johnsbury Road	Littleton	NH	03561	603-444-2010
Taras	Malgorzata	MD	LRH Primary Care	580 St. Johnsbury Road	Littleton	NH	03561	603-444-0116
Wolcott	Charles	MD	Ammonoosuc Community Health Services	155 Main Street, PO Box 8	Franconia	NH	03580	603-823-7078



## Weight Watchers

Location Name	Location Address	Leader Name	Day	Time(s)
Comfort Inn	703 US Route 5 South Saint Johnsbury, VT 05819	Carol G.	Tuesday	5:00 PM & 6:15 PM
Community House Annex	120 Main Street Littleton, NH 03561	Vicki S.	Wednesday	6:00 PM
Cottage Hospital- Post Office Location	31 South Court Street Woodsville, NH 03785	Marion M.	Thursday	5:30 PM
Littleton Regional Healthcare	600 St. Johnsbury Rd Littleton, NH 03561	Carrie W.	Thursday	4:30 PM
Nordic Inn of Lincoln	227 Main Street Lincoln, NH 03251	Virginia P.	Tuesday	6:00 PM
Plymouth United Methodist Church	334 Fairgrounds Road Plymouth, NH 03264	Hetty T. & Debora M.	Wednesday	9:00 AM & 5:30 PM
United Methodist Church	135 Main Street Lancaster, NH 03584	Louise F.	Thursday	6:30 PM

*Please visit [www.weightwatchers.com](http://www.weightwatchers.com) for more information.*



## TOPS: Take Pounds Off Safely

Location	Address	Town, State	Name	Day	Times	Contact Phone
Concord Public Library	374 E. Main Street	Concord, VT	Judy T. Jones	Tuesdays	4:45 PM/ 5:15 PM	802-888-5404
Horse Meadow Senior Center	91 Horse Meadow Road	North Haverhill, NH	Carolyn J. Yerger	Tuesdays	5:00 PM/ 6:00 PM	603-654-4356
Lancaster Ambulance Bay	19 Mechanic Street	Lancaster, NH	Carolyn J. Yerger	Thursdays	5:00 PM/ 6:15 PM	603-654-4356
Monroe Library	Main Street	Monroe, NH	Carolyn J. Yerger	Thursdays	6:00 PM/ 6:30 PM	603-654-4356
Plymouth Congregational Church	4 Post Office Square	Plymouth, NH	Carolyn J. Yerger	Mondays	5:30 PM/ 6:30 PM	603-654-4356

## Community Gardens

Garden Name	Location	Town	Contact Phone/Email
Bethlehem Community Garden	Next to the Gazebo	Bethlehem, NH	603-370-1923
Hanover Community Garden	Reservoir Road	Hanover, NH	603-643-8804
Lancaster Community Garden	30 Elm Street	Lancaster, NH	lancastercommunitygarden@gmail.com
Littleton Regional Healthcare Community Garden	600 St. Johnsbury Rd.	Littleton, NH	603-444-9261
Plymouth Gardens for All	Plymouth	Plymouth, NH	603-536-1376



## Farmers Markets

Name	Street/Location	City	State	Schedule
Berlin Farmers Market	Pleasant Street/ Route 16S	Berlin	NH	June - September
Bethlehem Farmers Market	Main Street	Bethlehem	NH	May - October
Campton Farmers Market	Route 49	Campton	NH	May - September
Canaan Farmers Market	Routes 4 and 118	Canaan	NH	May - October
Danville Caledonia Farmers' Market	On the Green	Danville	VT	Unknown
Lancaster Farmers Market	Centennial Park	Lancaster	NH	May - October
Lisbon Farmers Market	North Main Street	Lisbon	NH	Unknown
Littleton Farmers Market	Senior Center	Littleton	NH	June - October
Plymouth Community Farmers Market	263 Highland Street	Plymouth	NH	May - September
St. Johnsbury Farmers Market (Indoor)	Welcome Center	St. Johnsbury	VT	November - April
St. Johnsbury Farmers Market (Outdoor)	Pearl Street	St. Johnsbury	VT	May - October
Whitefield Farmers Market	On the Commons	Whitefield	NH	June - September

### Littleton Parks and Recreation

[www.golittleton.com](http://www.golittleton.com)

### Curves For Women, Littleton

[www.curves.com/locations](http://www.curves.com/locations)

### Senior Softball, Profile Field

869-CLUB

### YMCA-North Country, Bath

[www.northcountryymca.org](http://www.northcountryymca.org)

### AMC Highland Center

[www.outdoors.org](http://www.outdoors.org)

### Rock Estate

[www.therocks.org](http://www.therocks.org)



## Coös County Resource Guide Information

Southern Coös and the Mount Washington Valley

White Mountain Milers Race Club <http://www.whitemountainmilers.com/>

Multiple races and activities throughout the year

NH Outdoors North Woods Region

[http://www.nhoutdoors.com/great\\_north\\_woods.htm](http://www.nhoutdoors.com/great_north_woods.htm)

Resources from biking to skiing

## Coös County Recreation Departments

**Recreation Departments have low cost or free activities for all ages**

**Town of Colebrook**

[http://www.colebrook-nh.com/Public\\_Documents/ColebrookNH\\_Recreation/index](http://www.colebrook-nh.com/Public_Documents/ColebrookNH_Recreation/index)

Information on activities including Dixville ½ Marathon, Relay and Fun Walk

**Town of Lancaster**

<http://www.lancasternh.org/local-events.html> or <http://www.coloneltown.com/info/activities/>

**City of Berlin**

[http://www.berlinnh.gov/Pages/BerlinNH\\_Recreation/index](http://www.berlinnh.gov/Pages/BerlinNH_Recreation/index)

**Town of Gorham**

[http://www.gorhamnh.org/Pages/GorhamNH\\_Recreation/Index](http://www.gorhamnh.org/Pages/GorhamNH_Recreation/Index)

**Town of Pittsburg**

<http://www.pittsburg-nh.com/>

## "Walking Wednesday" Programs

Brown School, Berlin

Daisy Bronson Middle School, Littleton

Edward Fenn Elementary School, Gorham

## Canoe or Kyak

**Northern Forest Canoe Trail**

Trail links the waterways of Maine, New Hampshire, Vermont, Quebec, Canada, and New York. NH trail goes from the Connecticut River to Umbagog Lake

<http://www.northernforestcanoetrail.org/tripplanner/itineraries.cfm?sectionID=7>



## **Run, Walk, Bike, or Golf for a good cause**

**Annual Cystic Fibrosis Walk**—May 18, 2013

**Annual Cystic Fibrosis Soft Ball Tournament**—May 25, 26, 27

[http://www.cff.org/great\\_strides/find\\_a\\_walk\\_site/index.cfm](http://www.cff.org/great_strides/find_a_walk_site/index.cfm)

## **Wildman Biathlon**

**Event to benefit Retired Seniors Volunteer Program**

August--Gorham – [www.tccap.org/wildman.html](http://www.tccap.org/wildman.html)

## **Walk MS**

**Event to benefit Multiple Sclerosis Society**

September—Gorham -

[http://walkmam.nationalmssociety.org/site/TR/Walk/MAMWalkEvents?fr\\_id=20986&pg=entry](http://walkmam.nationalmssociety.org/site/TR/Walk/MAMWalkEvents?fr_id=20986&pg=entry)

## **New Hampshire State Parks**

[www.nhstateparks.org](http://www.nhstateparks.org)

## **Great Glen Trails**

[www.greatglentrails.com](http://www.greatglentrails.com)

## **Local Works Berlin Farmers' Marketplace**

<http://www.localharvest.org/local-works-berlin-farmers-marketplace-M41078>

Thursdays 3-7pm Pleasant Street June to September

## **Curves for women, Littleton & Berlin**

[www.curves.com/locations/](http://www.curves.com/locations/)







# Online Resources

**American Diabetes Association:**

[www.diabetes.org](http://www.diabetes.org)

**American Cancer Society**

[www.cancer.org](http://www.cancer.org)

**Arthritis Foundation:**

[www.arthritis.org](http://www.arthritis.org)

**DASH Diet:**

<http://dashdiet.org>

**National Center For Health Promotion And Disease Prevention:**

[www.prevention.va.gov](http://www.prevention.va.gov)

**Swimming Pools Within Your Area:**

[www.clubswim.com](http://www.clubswim.com)

**Dietary Guidelines Of America**

[www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)

[www.MeatlessMonday.com](http://www.MeatlessMonday.com)

[www.smallstep.gov](http://www.smallstep.gov)

[www.diabetes.org](http://www.diabetes.org)

[www.americanheart.org](http://www.americanheart.org)

[www.cdc.gov](http://www.cdc.gov)

[www.myplate.gov](http://www.myplate.gov) (research)



The North Country Health Improvement Initiative is a collaborative effort. The following organizations have contributed time, energy and attention to this important endeavor::



The Endowment for Health  
 The New Hampshire Charitable Foundation  
 The Robert Wood Johnson Foundation  
 The University of Wisconsin  
 Grafton County Human Services  
 UNH Cooperative Extension  
 Littleton Regional Healthcare  
 The Morrison ~ Assisted Living and Skilled Nursing Care  
 American Cancer Society Inc.  
 Granite United Way  
 The Family Resource Center at Gorham  
 Coos County Family Health Services  
 Indian Stream Health Center  
 Plymouth State University: Center for Rural Partnerships  
 Tri County Community Action Program  
 North Country Home Health and Hospice  
 Northern Human Services  
 Berlin Healthy Eating Active Living (HEAL)



## North Country Health Consortium

262 Cottage Street, Suite 230, Littleton, NH 03561

Phone: 603.259.3700 Fax: 603.444.9405

[www.nchcnh.org](http://www.nchcnh.org)