

## Physical Activity and Nutrition News

### Happy New Year!

As 2018 dawns, we are happy to provide a newsletter full of tips to help your colleagues and clients stick to their resolutions and work toward a healthier lifestyle.

One way to encourage healthy behaviors is through [3-4-50](#). We have tip sheets and sign-on sheets for worksites, schools, early childhood programs, communities and new this month, faith communities. Consider bringing the 3-4-50 message to the organizations you are close to, and ask them to sign on. Your [Office of Local Health](#) can assist, by meeting with your organization and explaining how 3-4-50 can work for them and people they reach.

To date we have over [40 organizations](#) signed on to 3-4-50. Join them in working toward a healthier Vermont.

### Setting Goals for a Healthier 2018!

It seems that each January brings a flood of well-intended resolutions. "This year, I am going to lose weight." "This year I'm going to exercise more." It's no surprise that gym attendance and health related Google searches spike in the month of January and then rapidly decline. Let's face it, there's nothing like an indulgent season of holiday food and drink accompanied by a hearty dose of stress to fuel the desire to make a change for health's sake. In that sense, January is a great time to start down the road toward better health. The challenge becomes, how do we help our clients and staff implement lifestyle changes that are sustainable and might actually lead to better health? [More...](#)



**2018 Worksite Wellness Conference**  
Wednesday, March 21st, 2018,  
DoubleTree by Hilton in Burlington, VT  
(formerly the Sheraton)



Registration for the [2018 Worksite Wellness Conference](#) is open! The conference will take place on Wednesday, March 21st, 2018 at the DoubleTree by Hilton in Burlington, VT (previously the Sheraton). We invite you to join hundreds of Vermont business owners, human resources professionals and wellness experts to learn strategies and best practices in worksite wellness, share your experiences and expand your professional network. This year we will have a keynote speaker from the leading worksite wellness organization [WELCOA](#), twelve breakout session options, presentation of the 2018 Worksite Wellness Awards and an all new Ask-the-Expert session! We are also pleased to announce that we are now an approved re-certification provider for the Society of Human Resources Management (SHRM) and the HR Certification Institute® (HRCI®). [Register](#) before March 1st, 2018 to get an early bird rate.

*Looking to start a worksite wellness initiative or integrate new strategies for 2018? Check out our website for tips and tools on getting started with a comprehensive worksite wellness program and recommended wellness strategies. You can also find sample policies, templates and other resources to help you develop or*

## Winter Walk to School Day February 7, 2018

Children spend a large part of their day at school, and it is important for them to have ample opportunities for physical activity while they are there. It's also important to consider out of school time and active transportation, like walking and biking to and from school. Winter has arrived, but that doesn't mean an end to children walking to school. With the right preparation, walking to school in the winter can be fun. This is Vermont after all, the land of cross-country skiing, ice fishing, snowshoeing, snowmobiling and fat biking - so why not consider hosting a Walk (and Bike) to School Day celebration in the middle of the winter? Dig out your hats and gloves, organize your volunteers and get stepping for **Winter Walk to School Day**



### SMART Goals at School

New Year's resolutions are in full effect and this month's newsletter is all about setting goals. Goals are not just for individuals though, schools across Vermont are actively working on addressing goals through their Local School Wellness Policies.

Setting goals does require some thought about your school's vision for a culture of wellness. Consider setting SMART goals: Specific, Measurable, Attainable, Realistic and Time-Bound. The SMART criteria help ensure that the goals are within reason and attainable. A detailed, well-stated goal has the best chance of being achieved. It provides direction for schools and supervisory unions in meeting health and wellness objectives. Check out the [Vermont Wellness Policy Implementation Tool](#) to help organize your School Wellness Policy Goals.

### Get Active and Eat Well Throughout the Winter Months

January is when many people decide to make changes to be healthier, yet winter in Vermont can be a very challenging time to be physically active and to eat healthy. Here are free or low cost ways to help people stick to those resolutions this time of year. Share these with partners, on social media sites, or in newsletters. Make the information specific to your local resources with dates, times and directions to locations. Consider offering informal events or outings for the community to encourage people to take advantage of what is available: family skating, fort building, winter walks in the woods, (healthy) winter soup or chili contest! [More...](#)



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