



A Road to
Healthy Living
in McLeod County

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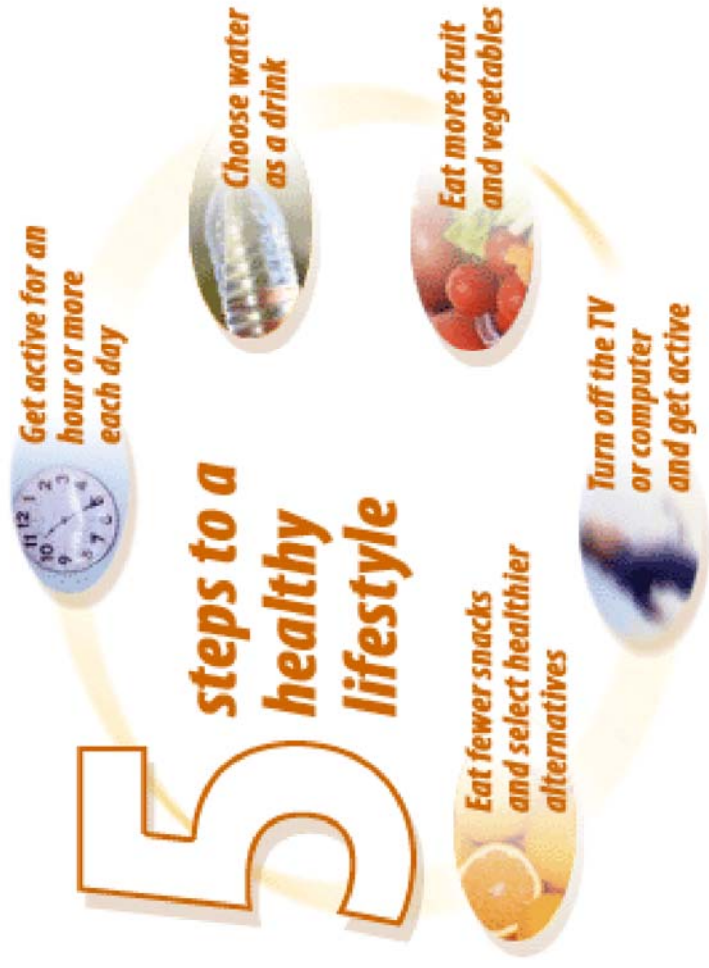


Brought to you by the Meeker-McLeod-Sibley Healthy Communities SHIP program, in partnership with McLeod County Public Health 320-864-3185

July 2011

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Domestic Violence

320-234-7933 or 1-800-934-0851

McLeod Alliance for Victims of Domestic Violence provides assistance to those affected by domestic violence. We serve men, women and children throughout McLeod County. All services are free and strictly confidential.

Services include:

- 24 Hour Crisis Line Support
- Safety Planning
- Emergency Safe Housing
- Transportation
- Support Group
- Information About Resources
- Legal Options & Advocacy
- Assistance in Filing Restraining Orders
- Spanish Speaking Advocate
- Systems Coordination
- Educational Presentations

For help or information call: 320-234-7933 or 1-800-934-0851,
or e-mail to: advocate@hufchtel.net

**No endorsement of service or quality
is being implied or promoted**





Nar-Anon Family Groups
World Services

<http://www.nar-anon.org>

Hutchinson

Hutchinson Area Health Care
1095 Highway 15 South

1st & 3rd Monday of every month
7:15 p.m.

Nar-Anon is a twelve-step program designed to help relatives and friends of addicts recover from the effects of living with an addicted relative or friend. Nar-Anon's program of recovery uses Nar-Anon's Twelve Steps and Twelve Traditions. The only requirement to be a member and attend Nar-Anon meetings is that there is a problem of drugs or addiction in a relative or friend. Nar-Anon is not affiliated with any other organization or outside entity.

**12 step programs
in Minnesota for addictive & compulsive issues:**

<http://www.minnesotarecovery.info/OtherMN12StepGroups.htm>



How much physical activity do adults need?

Adults need at least:

- 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week **and**
- muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week **and**
- muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- An equivalent mix of moderate- and vigorous-intensity aerobic activity **and**
- muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

For Even Greater Health Benefits

Adults should increase their activity to:

- 5 hours (300 minutes) each week of moderate-intensity aerobic activity **and**
- muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- 2 hours and 30 minutes (150 minutes) each week of vigorous-intensity aerobic activity **and**
- muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- An equivalent mix of moderate- and vigorous-intensity aerobic activity **and**
- muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).



AL-ANON for families & friends of alcoholics Area Groups



Glencoe

Glencoe Al-Anon
First Congregational Church
1400 Elliott Avenue N
Thursday, 8pm,
Northwest side entrance

Serenity Seekers Al-Anon
Hutchinson Alano Club
1170 Hwy 7 W
Friday, 9:30am

Hutchinson Saturday Morning Al-Anon
Hutchinson Alano Club
1170 Hwy 7 W
Saturday, 10am
Handicap access

Glencoe Sunday Night Al-Anon
Christ Lutheran Church
1820 Knight Ave N
Sunday, 8pm

Hutchinson

Hutchinson Alano Club
1170 Hwy 7 W
Tuesday, 7pm

Winsted

Hope Now, Hope Always Al-Anon
St. John Lutheran Church
410 1st St N
Wednesday, 7:30pm
Use west entrance

Hutchinson Step By Step AFG
Hutchinson Alano Club
1170 Hwy 7 W
Wednesday, 6:30pm



Narcotics Anonymous Area Meetings

Glencoe

Saturday, 7:00 PM (1 hour) (O)
Saturday Nite Superstars
(Christ Lutheran Church),
1820 Knight Ave. N

Winsted

Wednesday, 7:30 PM (1 hour) (C)
Wednesday Night Winners NA
Dr. Thoenes Dental Office),
131 Main Ave. W

Hutchinson

Monday, 7:30 PM (1 hour) (C)
Wild Bunch NA
Riverside Assembly of God Church),
20924 Hwy 7 W

(O)-Open-This meeting is open to addicts and non-addicts alike. All are welcome.

(C)-Closed-This meeting is closed to non-addicts. You should attend only if you believe that you may have a problem with substance abuse.

Thursday, 7:30 PM (1 hour) (C)

Just For Today
(Hutchinson Community Hospital
Room E), 1095 Hwy 15 S



Glencoe Regional Health Services

Cardiac Rehab

<http://grhsonline.org/cardiac-rehabilitation/>
1805 Hennepin Ave. N., Glencoe, MN 55336
320-864-3121 or 1-888-526-4242

Cardiac rehabilitation can help your heart beat strong. Cardiac rehabilitation, also known as cardiac rehab, is a customized and medically supervised program that helps people recover after a heart attack or heart surgery and can prevent future hospital stays. Both the American Heart Association and American College of Cardiology recommend cardiac rehab. You may benefit if you have experienced:

- Heart attack
- Heart conditions such as stable angina or heart failure
- Coronary artery bypass graft (CABG) surgery
- Percutaneous coronary intervention (PCI), including balloon angioplasty and stenting
- Valve replacement



At GRHS, we tailor cardiac rehab to meet your individual needs. Our programs include exercise training, education on heart-healthy eating and living, and information on ways to reduce stress. Our goal is to help you regain strength; prevent your condition from worsening and to reduce your risk of future heart problems.

Your cardiac rehab journey at GRHS begins with a referral by your health care provider. Then, our cardiac rehab and heart failure nurse will review your history and conduct a medical evaluation. A program specific to your needs will be developed including an exercise plan, and will introduce you to valuable resources to help you in your recovery, such as weight loss and smoking cessation support. You will also have the opportunity to meet one-on-one with our registered dietitian to discuss your eating habits and changes that can positively affect your health.

If your medical history includes a cardiac event, ask your health care provider whether cardiac rehab can help you prevent a future heart problem and improve your health.



Cardiac Rehabilitation

Rehab Center | 1095 Highway 15 S. | Hutchinson, MN 55350
320-484-4400

Our Cardiac Rehabilitation program is a medically supervised program of exercise and education to help you recover after a heart attack, from other forms of heart disease or after surgery to treat heart disease. Cardiac rehabilitation programs significantly increase your chances of survival

How much physical activity do children need?

Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.

Just make sure your child or adolescent is doing three types of physical activity:

- 1. Aerobic Activity**
Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Be sure to include vigorous-intensity aerobic activity on at least 3 days per week.
- 2. Muscle Strengthening**
Include muscle strengthening activities, such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes.
- 3. Bone Strengthening**
Include bone strengthening activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>



Tips for increasing physical activity

Make physical activity a regular part of the day. Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy—such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. What's important is to be active most days of the week and make it part of daily routine. For example, to reach a 30-minute goal for the day, walk the dog for 10 minutes before and after work, and add a 10 minute walk at lunchtime. Or, swim 3 times a week and take a yoga class on the other days. Make sure to do at least 10 minutes of the activity at a time, shorter bursts of activity will not have the same health benefits. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

More ways to increase physical activity

At home:

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Push the baby in a stroller.
- Get the whole family involved—enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog—don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden
- Play with the kids—tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.

At work:

- Get off the bus or subway one stop early and walk or skate the rest of the way.
 - Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
 - Take part in an exercise program at work or a nearby gym.
 - Join the office softball or bowling team.
- #### At play:
- Walk, jog, skate, or cycle.
 - Swim or do water aerobics.
 - Take a class in martial arts, dance, or yoga.
 - Golf (pull cart or carry clubs).
 - Canoe, row, or kayak.
 - Play racket ball, tennis, or squash.
 - Ski cross-country or downhill.
 - Play basketball, softball, or soccer.
 - Hand cycle or play wheelchair sports.
 - Take a nature walk.
 - Most important – have fun while being active!



Diabetes Education

Diabetes Education Center | 1095 Highway 15 S.
Hutchinson, MN 55350
320-484-4575

How we can help

A Registered Dietitian and a Registered Nurse -- both Certified Diabetes Educators -- teach self-care management techniques to achieve blood glucose control that may help delay or prevent the onset of diabetes related complications.

- Diet instruction
- Glucose monitoring and insulin administration
- Insulin pump therapy
- Hospitalized patient assessment
- Group education program (Type 2 Diabetes)
- Diabetes Support Group



Diabetes Support Group

320-484-4575

This group meets from September through May. Call for monthly topics and dates.



Nutrition Services

1095 Highway 15 S. | Hutchinson, MN 55350
320-484-4575

Whether you're facing a disease or need help losing weight, Nutrition Services can help those with:

- Diabetes
- High cholesterol
- Hypertension
- Weight management concerns (Children and adults)
- Celiac disease
- Celiac disease (gluten intolerance)
- Those attending Pre-diabetes classes

Dietitians provide nutrition therapy to hospital patients and on an outpatient basis for a variety of dietary prescriptions. To arrange an outpatient appointment with a dietitian, please contact Outpatient Scheduling at (320) 484-4575.



Glencoe Regional Health Services

Diabetes Education

<http://grhsonline.org/diabetes-education/>
1805 Hennepin Ave. N., Glencoe, MN 55336
320-864-3121 or 1-888-526-4242

Our certified diabetes educators are ready to help you live well with diabetes. Lots of people have diabetes. No big deal, right?

Wrong. Very wrong. Diabetes mellitus is a chronic condition. And if you have it, you know it's a daily challenge, a constant "companion."

So how do you live your best life? GRHS offers diabetes education in one-on-one sessions with expert staff members who want to help.

Our staff includes a registered nurse and a registered and licensed dietitian. Both of these medical professionals are certified diabetes educators with special training, ready to help you:

- Understand your condition
- Prevent complications
- Monitor blood glucose
- Plan meals
- Learn to use and manage insulin
- Plan physical activity

How to get the help you need
If your health care provider has recently diagnosed you with diabetes, you'll be referred to our team for specialized classes. Or if you've had diabetes for a while but would like to learn more, you can call the Diabetes Education Office at 320-864-7710, or toll-free at 1-888-526-4242, ext. 7710.

In some cases, insurance covers diabetes education. In some cases, it doesn't. But in any case, your investment in your health is worth it. Just be sure to call your insurance company to learn what's covered.

If you don't have insurance, or if you can't afford the sessions, please call the GRHS Business Office at 320-864-7780, or toll-free at 1-888-526-4242, ext. 7780 between 8 a.m. and 4:30 p.m., Monday -Friday. We can help you set up a payment plan or tell you about other options.

You can have a healthy lifestyle with diabetes. Let us show you how.



McLeod County Parks

McLeod County has six county parks, totaling 571 acres. Two of the parks are regional facilities which allow overnight camping. The other four parks are day parks. The six county parks officially open May 1 and close October 1 with hours being 7:00 a.m. to Sunset.

The two regional parks are:

Lake Marion Park, which is located six miles south of Hutchinson on Highway 15
Piepenburg Park, which is located seven miles northwest of Hutchinson on Belle Lake Road

Both of these parks also offer open space activities, trails, fishing piers, boat access, a beach and two picnic shelters.

The four day parks are:

Stahl's Lake Park, located five miles northwest of Hutchinson on 230th Street
Swan Lake Park, located three miles northwest of Silver Lake on Swan Lake Road
William May Park, located two miles southeast of Winsted on Zion Avenue
Buffalo Creek Park, located three miles east of Glencoe on County Road
These parks offer open space activities, trails and a picnic shelter.

Biscay

Biscay City Park

Front and Ames Street
Volleyball courts, Tennis Court,

Basketball Court, Horseshoe Pits and Playground

Glencoe

Oscar Olson Park

1400 Union Avenue North
soccer fields, playground, and skateboard park.

Aquatic Center

Oak Leaf Park
200 Desoto Avenue South
Open June through August, the Glencoe Aquatic Center features a 150 foot flume slide, drop slides, children's frog slide, diving board, zero entrance pool, umbrella fountains, shaded observation areas and a concession area.
For Hours and Fees 320-864-5586
www.glencoeamn.org

Snow Sledding Hill

Greeley Avenue & 8th Street

Ice Skating Rink

Greeley Avenue & 8th Street

Oak Leaf Park

200 Desoto Avenue South
A 9-hole disc golf course, softball and baseball fields, sand volleyball, basketball court, soccer field and walking trails.

Panther Fieldhouse

1825 16th Street E
Open Swim-The time is an unstructured, casual swim time with no organized activities. Must have passed Level 2 swim or be accompanied by an adult.
For Hours and Fees 320-864-2690

Hutchinson

For more information, contact Hutchinson Parks and Recreation office at 320-587-2975



AFS Park Walking trail,

East River Park Paved trail

Women's Club Park ball field,

Eheim Park walking trail

Fireman's Park walking path

JC South Park half basketball court

Kimberly Park Luce Line Trail access

Kiwanis Park sledding, warming house

Linden Park Softball fields, adjacent to public

pool, Recreation Center, Civic

Arena, paved walking path

North Park outdoor ice rink, warming house

Northwoods Park volleyball courts, baseball fields,

outdoor ice rink, warming house

Oddfellow's Park paved trail, archery range,

JC Riverdale Park one ball field, volleyball court,

horseshoe pits, paved trail

Eik's Park one ball field, one volleyball court

Robert's Park softball fields, volleyball courts,

basketball courts, prairie, nature

trail

Miller Woods Park Nature walking, prairie, cross-

country skiing

Rotary Park baseball diamond

South Park disc golf course

Tartan Park/VMF Field softball field, baseball field,

Skateboard Park

VFW Park softball field, basketball court

Veterans Memorial Park paved trail

Masonic/West River Park volleyball courts, basketball court,

paved trail

Tobacco Cessation



Glencoe Regional Health Services

<http://grhsonline.org/tobacco-cessation/>

1805 Hennepin Ave. N., Glencoe, MN 55336

320-864-3121 or 1-888-526-4242

We offer services and support to help our patients quit tobacco. Nicotine is a powerful, addictive drug whose effects are so well-documented that most people would quit in a heartbeat if they could.

At GRHS, our tobacco-cessation team wants to help every member of our service area to live tobacco-free. Period.

You won't be alone

Curtis Forst, physician assistant, is our tobacco-cessation advisor. He will help you understand where you are in your efforts to quit tobacco and how you can stay the course. And he's an expert when it comes to stop-smoking aids, quitting strategies, health considerations, phone counseling and so much more.

To learn more about how we can help you, ask your health care provider.

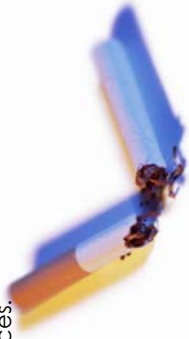
To protect the health of our patients, visitors and employees, all GRHS facilities and grounds are tobacco free.



Health Plans' Tobacco Cessation Programs

BCBS www.bluecrossmn.com	for all members 1-800-662-BLUE (2583) Phone-based health coaching for tobacco cessation.
HealthPartners www.healthpartners.com	for all members 952-883-7800 or healthpartners.com Phone-based health coaching for tobacco cessation.
MEDICA www.medica.com	for all members Medica Tobacco Cessation 1-800-934-4824 or www.medica.com Phone-based health coaching for tobacco cessation (includes nicotine replacement therapy).
MHP www.MHP4life.org	ClearWay Minnesota 1-888-354-PLAN (7526) Members can access smoking cessation counseling through their clinic or through ClearWay MN.
UCare www.ucare.org	for all members Mayo Clinic Tobacco Quitline or QUITPLAN® 1-888-642-5566 TTY/hearing impaired 1-877-257-2971 To find a center for face-to-face counseling at QUITPLAN Centers 1-888-354-PLAN
PreferredOne www.preferredone.com	depending on commercial product, either QUITPLAN® 1-888-354-7526 or Free and Clear 1-866-784-8454

- Always check with your insurance company to verify your insurance plan includes these services.



Hutchinson-continued

Frisbee Disc Golf Course

South Park in Hutchinson has a 9-hole course, and is one of 100+ courses in Minnesota.

Park Elementary Skating Rink

100 Glen Street SW
320-234-4465

Skate Board Park

Word of Life Outreach Center
950 School Rd SW
320-587-9443

Northern Links

20333 State Highway 15
(next to Landscape Concepts)
320-587-3222
18-hole mini-golf course and batting cages

Trails and Bike Routes

Hutchinson promotes walking and biking around the city by offering a variety of public trails and bike paths. This offers the opportunity to walk, run, rollerblade and bike in a safe and scenic space along the Crow River. For those who are conscience of how far they have exercised we have provided a list of loops and their distances below.

Park System Trail Loops

AFS Park Gravel 0.45 miles
Drift Riders Park Gravel 0.25 miles
Linden Park Paved 0.40 miles
Miller Woods Park
Wood chip 0.50 miles
Oddfellows Park Gravel 0.40 miles
Roberts Park Gravel 0.30 miles
Rotary Park Paved 0.45 miles
West River Park Paved 0.90 miles

Kiwanis Park Sliding Hill "Rocket Hill"

20-5th Avenue N
320-234-4462

Northwoods Skating Rink

885 Elm Street NE
320-234-5601

Lester Prairie

Lester Prairie City Park

Located on the south side of Second Avenue South near Pine Street
Features a heated outdoor pool, Two tennis courts, Horseshoe pits,

Basketball court, Sand volleyball court, One baseball field and one lighted softball/football field, Two little league fields and T-ball field, A batting tunnel is also available

Plato

Ball Fields

One ball field is located along County Rod 9 around the 100-200 block area. There is also the Blue Jay Stadium and two additional fields located on 2nd Street NW.

Plato City Park

Located near the Community and Fire Halls,
basketball courts

Skate Park and Ice Skating Rink

2nd Street NE at the 300 block

Silver Lake

Silver Lake Recreation Facility

Aquatic Center with a zero entry shallow area and water slide, Softball fields, volleyball courts, horseshoe courts, basketball court

Luce Line Access Point and Parking

Railroad Street and Park Ave –North of Hwy 7; Molly's Café and Silver Lake Motel on Hwy 7—there is also bike rental for trail users at this site.

Stewart

Ball fields

320 East Street,
Softball/baseball field

Glencoe

Christ Lutheran Church
1820 Knight Avenue N
TOPS MN 1558 - (867-766-1558)

Thursday: 5:15 p.m. Weigh in
5:45 p.m. Meeting

Hutchinson

Beithlehem United Methodist Church
665 Miller Avenue SW (Lower Level)
TOPS MN 0691 - (867-766-0691)

Monday: 6:00 p.m. Weigh in
6:30 p.m. Meeting time

Winsted

Barrett Park

Intersection of 1st Street S and
Sherman Avenue
Ball Field, Basketball

Mill Reserve Park

Downtown Winsted, intersection of 1st
Street S and Lakefront Promenade
Swim beach, ice rink

Winsted Athletic Complex

Intersection of Main Avenue W. and
3rd Street N
Basketball, Baseball, Football

Southview Park (Luce Line Trail)

Intersection of Kingsley Street and
Baker Avenue
Ball field

Northgate Park

CR 1 north to Linden Avenue (right),
left on Northgate Drive
Basketball

Westgate Park

CR 1 north to Westgate Drive (right)
Ball fields

Hainin Park

Intersection of CR 1 and McLeod
Avenue
Volleyball, Horseshoe pits, Skate Park



<http://www.tops.org/>

Hutchinson

Hutchinson Public Library
50 Hassan Street SE
Monday 12:00 (noon)

<http://www.aa.org/>



Area Captain: Vicki 320-587-8155

Thursday: 8:00 a.m. Weigh in
9:00 a.m. Meeting time

Hutchinson Public Library
50 Hassan Street SE (Meeting Room)
TOPS MN 0773 – (867-766-0773)

Overeaters Anonymous offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

Unlike other organizations, OA is not just about weight loss, gain or maintenance; or obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. If you want to stop your compulsive eating, welcome to Overeaters Anonymous.

Simply Good Eating Services

McLeod County

People with limited incomes can discover how to make healthy food choices while stretching food dollars in these classes. This program is funded by the USDA Supplemental Nutrition Assistance Program Education and the Expanded Food and Nutrition Programs. Agencies must make the referral for the client interested. There are eligibility requirements. For more information contact McLeod County Community Nutrition Educator at

University of Minnesota Extension
McLeod County
840 Century Avenue SW
Hutchinson, MN 55350
(320) 484-4334 (phone)

http://www.extension.umn.edu/nutrition/everwonder_2008.pdf



Hutchinson

Hutchinson Event Center-Plaza 15
1005 Hwy 15 South

Mondays 5:45 p.m.** Leader: Diane
Wednesdays 2:15 p.m.** Leader: Celene

**Please arrive 1/2 hour early for meeting registration.

For more information:

Call 1-800-651-6000 for more information about Weight Watchers meetings.
or visit online at: <http://www.weightwatchers.com/>

Health Club Membership & Fitness Discounts

BCBS www.bluecrossmn.com	<p>Fitness Discount \$20 monthly credit 12+ workouts/month (8 for some self-insured plans) for up to two eligible adults per month.</p> <p>Frequent Fitness \$20 monthly credit 12+ workouts/month Freedom Frequent Fitness 8+ workouts/month Discounts on fitness equipment and retail, healthy food services and more.</p>
HealthPartners www.healthpartners.com	<p>for Medicare only: 8+ workouts/month Discounts on fitness equipment and retail, healthy food services and more.</p>
MEDICA www.medica.com	<p>for many members Fit ChoicesSM by Medica \$20 monthly credit MinnesotaCare: 8+ workouts/month Commercial: 12+ workouts /month (some employer groups have not added this as a benefit and some employer groups require only 8 workouts/month) for all Medicare plans (except for Medica Select Solution) SilverSneakers® Fitness Fitness center membership, exercise classes & wellness education (no cost to members)</p>
MHP www.MHP4life.org	<p>Minnesota In Motion Metro YMCA Health club memberships are available to MSHO, MSC+ and Cornerstone members.</p>
UCare www.ucare.org	<p>for MSHO and SNBC members UCare Connect YMCA monthly memberships for UCare for Seniors Fitness Discount \$20 monthly credit 8+ workouts/month UCare Connect to Fitness Kit for MinnesotaCare members Ready, Get, Fit! Kits</p>
PreferredOne www.preferredone.com	<p>PreferredOne Fitness Advantage Program \$20 monthly credit 12+ workouts/month</p>

- Always check with your insurance company to verify your insurance plan includes these services.



Physical Activity Resources

Glencoe

	Name	Contact Information	Other information
Exercise Facility	Panther Field House	1825 16th Street E 320-864-2690 www.gsl.k12.mn.us <small>click on community, then Panther Field House</small>	Full service health club and fitness facility that can be enjoyed by the whole family. Includes use of the GSL High School pool.
Health Club	Snap Fitness (open 24 hours)	623 12th Street E 320-864-5565 www.snapfitness.com	Cardio and strength training equipment
Yoga	Michaelee Jenkins at RE/MAX Homes building	1930 E. 10th Street 952-992-9299	
Bowling	Pla-mor Lanes	1908 9th Street E 320-864-5027	
Golfing	Glencoe Country Club	1325 1st Street SE 320-864-2023	18 holes
Exercise/Seniors	Bone Builders Exercise Program for Seniors	Glencoe Senior Center- 1107 11 Street East	Tuesdays & Thursdays 10:30am Free and open to the public

Healthy Weighs

<http://grhsonline.org/healthy-weighs-for-kids/>
1805 Hennepin Ave. N., Glencoe, MN 55336
320-864-3121 or 1-888-526-4242

Glencoe Regional Health Services



It's never too late to start Healthy Weighs! Kids are learning machines. That's why the time to teach them how to stay healthy and active is now!

Today's medical experts report that 25-30 percent of children and teens are overweight, and another 15 percent are obese. Diabetes, heart disease and depression can follow – conditions that take all the fun out of being young.

That's why we offer Healthy Weighs, a program for families who are committed to improving children's health. Our team of GRHS medical experts will teach kids fresh ways to:

- Take care of their bodies
- Eat right
- Stay active
- Maintain a healthy weight

Call us today at 320-864-7190 to learn more. We'll set up an evaluation appointment, then follow with a customized plan for change, including:

- Medical care
- Nutrition and exercise plans
- Ongoing support and counseling





Senior Nutrition Sites & Meals on Wheels

Brownton

Nutrition Center, LSS
120 4th Avenue North
320-328-4148

Glencoe

Nutrition for Elderly, LSS
1319 Greeley Avenue
320-864-5728

Hutchinson

Evergreen Apartments, LSS
115 Jefferson Street South
320-234-4660

Meals-on-Wheels

Hutchinson Area Health Care
1095 Hwy 15 South
320-234-4660

Park Towers Apartments, LSS
133 3rd Avenue SW
320-587-2168

Silver Lake

Congregate Meal Site, LSS
Meals-on-Wheels
320-327-2621

Stewart

Congregate Meal Site, LSS
Stewart Community Center
551 Prior Street
320-562-2730

Winsted

Meals-on-Wheels, LSS
Senior Dining Site/American Legion
161 1st Street North, P.O. Box 360
320-485-4366

Lutheran Social Services

Senior Nutrition Program
1-800-488-4146

Hutchinson

	Name	Contact Information	Other information
Health Club	America's Fitness Center (open 24 hours)	1065 Hwy 15 South Plaza 15 320-234-7148 www.afc24online.com	Full range of fitness and exercise equipment, professional trainers, personally tailored programs, group health and fitness classes, day care.
Health Club	Snap Fitness (open 24 hours)	114 Main Street North 320-234-7627 www.snapfitness.com	Cardio and strength training equipment
Health Club	Anytime Fitness (open 24 hours)	525 South Grade Road SW 320-587-6900 www.anytimefitness.com	Cardio and strength training equipment, day care, fitness classes
Exercise Studio	Core Exercise Studio	101 Main Street 320-583-7717 www.coreexercisestudio.com	Variety of aerobic and group fitness classes such as Bufts 'n Guts, Stability Ball, Power Yoga, Pure Pilates, Step it Up and more!
Recreation	Parks and Recreation	320-587-2975 www.ci.hutchinson.mn.us click on PRCE	Variety of recreation classes available
Yoga	Genesis Enso Spa	238 Main Street 320-587-7117 www.genesisensospa.com	Classes for all levels
Martial Arts	Hutch Shokotan Karate	576 Franklin Street SW 320-587-9148	
Bowling	Hutch Bowl	1150 Highway 7 West 320-587-2352	

Hutchinson-continued

	Name	Contact Information	Other information
Golfing	Crow River Golf Club, Crow River Course	915 Colorado St NW 320-587-3070	18 hole course
Golfing	Meadow Links Golf Course, Meadow Links Course	940 N High Dr NW 320-234-9533	9 hole course
Exercise/ Seniors	Bone Builders Exercise Program for Seniors	Hutchinson Event Center- 1005 Hwy 15 South Plaza 15	Mondays & Wednesdays 9:30AM
Biking	Group Bike Rides Outdoor Motion-	141 Main Street 320-587-2453.	call for days and times

Lester Prairie

	Name	Contact Information	Other information
Health Club	America's Fitness Center	518 Central Avenue 320-395-2559	Fitness and exercise equipment
Golfing	Shadowbrooke Golf Course	3192 Hwy 7 320-395-4250 or 320-3954251	18 hole course

Silver Lake

	Name	Contact Information	Other information
Bike Rentals	Luce Line Trail Bike Rentals	808 Hwy 7 320-327-2524 Reservations are required.	Rentals for all ages, Tandem, kids seats and baby buggies as well as helmets

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	Name	Contact Information	Other information
Health Club	America's Fitness Center	421 6 th Street South 320-485-3395	Fitness and exercise equipment





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What is a "Healthy Diet"?

The Dietary Guidelines describe a healthy diet as one that

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

The recommendations in the Dietary Guidelines and in MyPyramid are for the general public over 2 years of age. MyPyramid is not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.

MyPyramid helps individuals use the Dietary Guidelines to:

- Make smart choices from every food group.
- Find balance between food and physical activity.
- Get the most nutrition out of calories.
- Stay within daily calorie needs.

Take action in the Dietary Guidelines by making changes in these 3 areas.



Balancing Calories:

- Enjoy your food but eat less
- Avoid oversized portions

Foods to Increase:

- Make half your plate fruits and vegetables
- Switch to fat-free or low-fat (1%) milk

Foods to Reduce:

- Compare sodium in foods like soup, bread and frozen meals and choose the foods with the lower numbers
- Drink water instead of sugary drinks

Choose step that work for you and start today

<http://www.mypyramid.gov/guidelines/index.html>
<http://www.mypyramid.gov/index.html>

Dietary Guidelines for Americans, 2010-Released January 31, 2011

A Seasonal Look at Fresh Produce

MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
ASPARAGUS	ASPARAGUS	ASPARAGUS	ASPARAGUS	ASPARAGUS	ASPARAGUS	ASPARAGUS	ASPARAGUS
BEDDING PLANTS	BEDDING PLANTS	BEDDING PLANTS	BEDDING PLANTS	BEDDING PLANTS	BEDDING PLANTS	BEDDING PLANTS	BEDDING PLANTS
GREEN ONIONS	GREEN ONIONS	GREEN ONIONS	GREEN ONIONS	GREEN ONIONS	GREEN ONIONS	GREEN ONIONS	GREEN ONIONS
RADISHES	RADISHES	RADISHES	RADISHES	RADISHES	RADISHES	RADISHES	RADISHES
RHUBARB	RHUBARB	RHUBARB	RHUBARB	RHUBARB	RHUBARB	RHUBARB	RHUBARB
SPINACH	SPINACH	SPINACH	SPINACH	SPINACH	SPINACH	SPINACH	SPINACH
BROCCOLI	BROCCOLI	BROCCOLI	BROCCOLI	BROCCOLI	BROCCOLI	BROCCOLI	BROCCOLI
CABBAGE	CABBAGE	CABBAGE	CABBAGE	CABBAGE	CABBAGE	CABBAGE	CABBAGE
GREENS	GREENS	GREENS	GREENS	GREENS	GREENS	GREENS	GREENS
GREEN BEANS	GREEN BEANS	GREEN BEANS	GREEN BEANS	GREEN BEANS	GREEN BEANS	GREEN BEANS	GREEN BEANS
KOHLRABI	KOHLRABI	KOHLRABI	KOHLRABI	KOHLRABI	KOHLRABI	KOHLRABI	KOHLRABI
PEAS	PEAS	PEAS	PEAS	PEAS	PEAS	PEAS	PEAS
STRAWBERRIES	STRAWBERRIES	STRAWBERRIES	STRAWBERRIES	STRAWBERRIES	STRAWBERRIES	STRAWBERRIES	STRAWBERRIES
BEETS	BEETS	BEETS	BEETS	BEETS	BEETS	BEETS	BEETS
BLUEBERRIES	BLUEBERRIES	BLUEBERRIES	BLUEBERRIES	BLUEBERRIES	BLUEBERRIES	BLUEBERRIES	BLUEBERRIES
CARROTS	CARROTS	CARROTS	CARROTS	CARROTS	CARROTS	CARROTS	CARROTS
CAULIFLOWER	CAULIFLOWER	CAULIFLOWER	CAULIFLOWER	CAULIFLOWER	CAULIFLOWER	CAULIFLOWER	CAULIFLOWER
CUCUMBERS	CUCUMBERS	CUCUMBERS	CUCUMBERS	CUCUMBERS	CUCUMBERS	CUCUMBERS	CUCUMBERS
HERBS	HERBS	HERBS	HERBS	HERBS	HERBS	HERBS	HERBS
PEPPERS	PEPPERS	PEPPERS	PEPPERS	PEPPERS	PEPPERS	PEPPERS	PEPPERS
POTATOES	POTATOES	POTATOES	POTATOES	POTATOES	POTATOES	POTATOES	POTATOES
RASPBERRIES	RASPBERRIES	RASPBERRIES	RASPBERRIES	RASPBERRIES	RASPBERRIES	RASPBERRIES	RASPBERRIES
SUMMER SQUASH	SUMMER SQUASH	SUMMER SQUASH	SUMMER SQUASH	SUMMER SQUASH	SUMMER SQUASH	SUMMER SQUASH	SUMMER SQUASH
SWEET CORN	SWEET CORN	SWEET CORN	SWEET CORN	SWEET CORN	SWEET CORN	SWEET CORN	SWEET CORN
TOMATOES	TOMATOES	TOMATOES	TOMATOES	TOMATOES	TOMATOES	TOMATOES	TOMATOES
APPLES	APPLES	APPLES	APPLES	APPLES	APPLES	APPLES	APPLES
EGGPLANT	EGGPLANT	EGGPLANT	EGGPLANT	EGGPLANT	EGGPLANT	EGGPLANT	EGGPLANT
MELONS	MELONS	MELONS	MELONS	MELONS	MELONS	MELONS	MELONS
ONIONS	ONIONS	ONIONS	ONIONS	ONIONS	ONIONS	ONIONS	ONIONS
BRUSSELS SPROUTS	BRUSSELS SPROUTS	BRUSSELS SPROUTS	BRUSSELS SPROUTS	BRUSSELS SPROUTS	BRUSSELS SPROUTS	BRUSSELS SPROUTS	BRUSSELS SPROUTS
PARSNIPS	PARSNIPS	PARSNIPS	PARSNIPS	PARSNIPS	PARSNIPS	PARSNIPS	PARSNIPS
TURNIPS	TURNIPS	TURNIPS	TURNIPS	TURNIPS	TURNIPS	TURNIPS	TURNIPS
WINTER SQUASH	WINTER SQUASH	WINTER SQUASH	WINTER SQUASH	WINTER SQUASH	WINTER SQUASH	WINTER SQUASH	WINTER SQUASH
PUMPKINS	PUMPKINS	PUMPKINS	PUMPKINS	PUMPKINS	PUMPKINS	PUMPKINS	PUMPKINS
CHRISTMAS TREES	CHRISTMAS TREES	CHRISTMAS TREES	CHRISTMAS TREES	CHRISTMAS TREES	CHRISTMAS TREES	CHRISTMAS TREES	CHRISTMAS TREES



PEAK SEASON

Community Gardens

Glencoe

The community garden is a piece of land that is shared by the community to grow vegetables and flowers that is located on 14th Street SE across from Baldwin Avenue. The community garden will allow for community members to grow nutritious, chemically free produce; act as a gathering place to help facilitate positive social interaction among citizens and also allows citizens to be involved in a project that would beautify and enrich our community.

If you would like to get involved, or have input or questions, contact 320-864-3899.



Hutchinson

The community garden is located behind the Evergreen Senior apartments (on Adams Street SE). There are 27 plots and they are approximately 10 feet by 20 feet in size. People can reserve the plots starting in January of each year for that growing season.

For prices and more information, contact the Parks and Recreation office 320-587-2975

Servings

Recommended Servings Per Day

Food Group	Servings per Day
Fruits and Vegetables	5 – 9 servings
Grains	6 servings
Lean meat, beans, nuts	5 ounces total
Milk	3 cups or the equivalent
Fats	3 – 5 servings

Serving Sizes



Grains



Vegetables



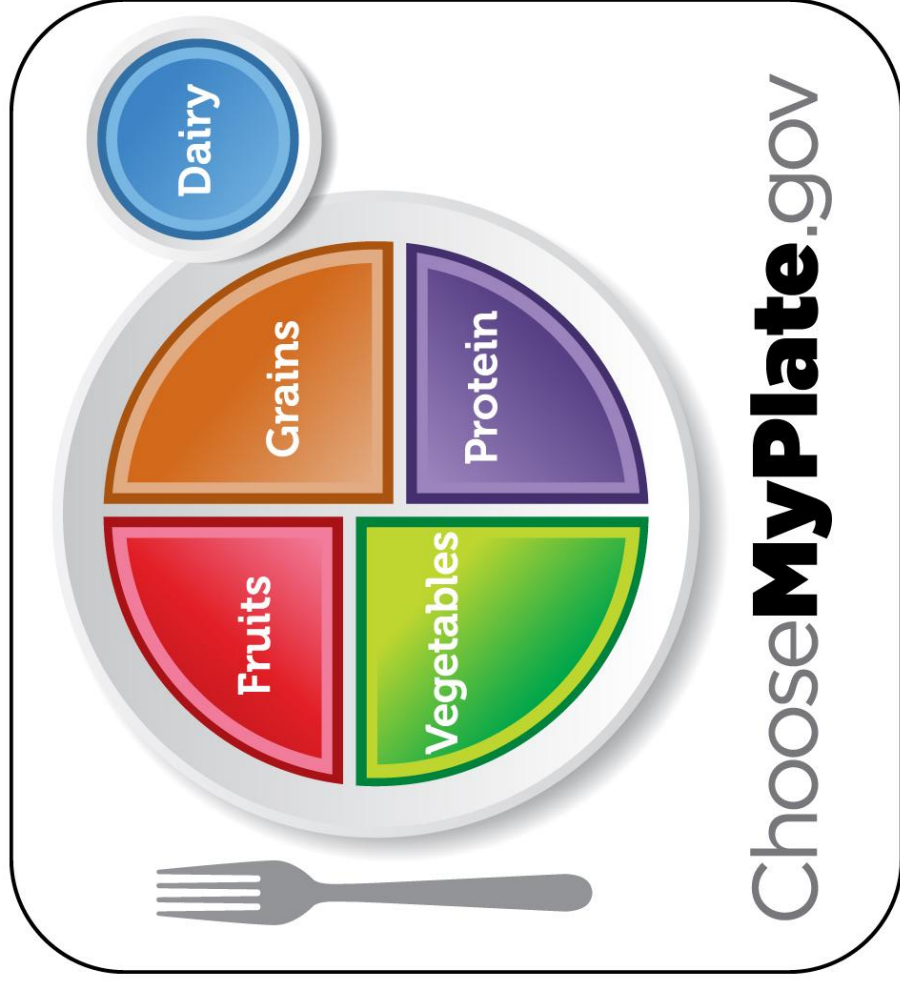
Fruits



Oils



Meat & Beans



Winsted

Carlson's Orchard Bakery & Restaurant
 320-485-3704 www.carlsonorchardbakery.com
 Open Tuesday – Sunday
 mid-August/September/October
 10 am-5 pm (November 10 am-4 pm) Closed Mondays
 Apple Cider, Apples, Bakery Products, Pumpkins,
 Wagon/Hay Rides



McLeod County Organic Farmers

Source: MinnesotaGrown.com

David Breijle

Dave Breijle Farms
 15357 - 110th Street
 Brownton, MN 55312
 320-864-5306 Fax: 320-864-4819

Crops/Forages:

Corn (yellow-feed grade), Corn (yellow-food grade), Soybeans (feed grade), Soybeans (food grade), Wheat (hard red spring)

Certification:

OCIA Since: 2000 350 acres

Joe Fitzgerald

14564 - 110th Street
 Glencoe, MN 55336
 320-864-8064

Crops/Forages:

Corn (yellow-feed grade), Corn (yellow-food grade), Hay, Soybeans (feed grade), Soybeans (food grade), Soybeans (tofu), Wheat (hard red spring)

Certification:

OCIA Since: 1994 600 acres

Donald Popp

20381 Belle Lake Road
 Hutchinson, MN 55350
 320-587-6443

Crops/Forages:

Oats, Soybeans (food grade), Wheat (hard red spring)

Certification:

MOSA Since: 1998 67 acres

Laura Frerichs

Loon Organics Inc.
 23229 - 200th Street
 Hutchinson, MN 55350
 320-587-0140
loonorganics@hotmail.com

Fruits:

Blueberries, Melons

Vegetables:

Beans, Beets, Broccoli, Carrots, Collards, Cucumbers, Garlic, Herbs, Kale, Lettuce/Salad Mix, Onions, Peas, Peppers, Potatoes, Root crops, Seedlings/Transplants, Spinach, Squash, Sweet corn, Tomatoes

Certification:

ICS-FVO Since: 2005 8 acres

Hutchinson-continued

Rusch Farms

320-583-0041
wayne@ruschfarms.us
Call for an appointment
Beef, Garden Produce, Honey, Jam/Jelly/Spreadable Fruit

WinRick Produce

320-587-2218
winrick@hutchtel.net
Please email or call
Onions, Pumpkins, Squash, Sweet Corn, Tomatoes



Fred Holasek & Son Greenhouse

320-395-2780
www.holasekflowerpower.com
Open year round
Plants (annuals/perennials), Hanging Baskets, Heirloom Plants, Poinsettias, Vegetable Plants

Little Gidding Farm Suri Alpacas

320-224-4204
Lester Prairie
www.lgtsurialpacas.com
24/7/365
Alpacas/Alpaca Fiber Products, Eggs, Pumpkins, Soap, Yarn

Kahnke Brothers Tree Farm

320-238-2572
www.kahnkefarm.com
May 1 through November 1
Native Plants (trees/shrubs/grasses), Nursery Stock, Ornamental Grasses, Shrubs, Trees (landscape)
Saturdays only 8 am- 3 pm or by appointment

Maple Crest Farm

320-327-2728
gvharris@embarqmail.com
Call 7am to 8 pm for appointment or email
Asparagus, Beef, Organic Products Available: Raspberries (Summer-bearing), Strawberries

Shimanski Orchard

320-327-0112
ronshimanski@yahoo.com
Fridays 1pm – 6 pm
Apples
August 15-October 15 or by appointment

10 tips build a healthy meal

10 tips for healthy meals

Nutrition Education Series



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



3 include whole grains
Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time
Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food
Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.



9 try new foods
Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

10 satisfy your sweet tooth in a healthy way
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



DG TipSheet No. 7
June 2011
USDA is an equal opportunity provider and employer.

Go to www.ChooseMyPlate.gov for more information.



Hutchinson

Abbey, The

320-327-8458
Alpacas/Alpaca Fiber Products
www.theabbeyalpaca.com

Angel Natural Farm

320-587-8565
May - November (most weekends - please call).
CSA - Community Supported Ag Farm, Garden Produce, Gift Shop, Pumpkins

Cedar Hill Orchard, LLC

320-234-7820
Apples
cdahill@ll.net

Crow River Winery & Vineyards

320-587-2922
Wine tastings & tours by appointment in 2011 (Opening to public in 2012)
Bees/Pollen, Garlic, Grapes, Tours, Wine

Farm of Minnesota, The

320-587-7882
Monday-Saturday, 7 am – 6 pm
Sunday Noon-6 pm
www.thefarmofmn.com
CSA - Community Supported Ag Farm, Garden Produce, Herbs, Strawberries



Hutchinson Farmers' Market

320-234-5652
Open June-October
8 a.m. to noon
hcdc-intern@ci.hutchinson.mn.us
Wednesdays 3 - 6 pm and Saturdays Seasonal hours

Lamb Shoppe, The

320-587-6094
Monday-Friday, 8:30 am - 5:30 pm
other days & times by appointment or chance
Beef, Chicken, Eggs, Herbs, Lamb
www.ourfarmtoyou.com or www.healthbyconnie.com
Saturday: noon-5 pm

Loon Organics

320-587-0140
June-October
CSA - Community Supported Ag Farm
www.loonorganics.com

Locally Grown Produce

Source: MinnesotaGrown.com

Brownnton

Major Acres

320-328-4084
dean.major@mchsi.com
Open July 20 - September 20
Sweet Corn



Glencoe

Abounding Acres Farm

320-864-4255
aboundingacres@gmail.com
Daily - Year round
Chicken, Eggs

Dunlooken Farm

320-864-5457
www.dunlookenfarm.com
Open late May - early October
CSA - Community Supported Ag Farm, Garden Produce, Goats, Horses (riding), Pumpkins



Hidden Oaks Farm

320-864-3939
www.hidden-oaks-farm.com
Call for appointment. Open all year.
Alpacas/Alpaca Fiber Products, Compost/Soil Amendments, Eggs, Gift Shop, Lamb

Star Thrower Farm

320-864-4296
www.starthrowerfarm.com
Open 24/7
Dairy Products (Sheep), Lamb, Soap, Wool Products/Textiles, Yarn

Windland Fields, LLC

763-218-5923
www.windlandfields.com
By appointment only
Bedding Plants (annuals/perennials), Ornamental Grasses, Raspberries (Summer-bearing), Shrubs, Strawberries

TIPS FOR FAMILIES

EAT RIGHT

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4 Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and calorie sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

EXERCISE

- 1 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.
- 3 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

HAVE FUN!



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