

Recapping the 1st Appalachian Health Summit

Sincere thanks go out to all our partners, sponsors and volunteers for assisting us in putting on a great Health Summit in Athens this past weekend. Most of all, thanks goes out to the people of our region that took the time to be inspired by the nationally renowned speakers that trekked to Athens to spread the word about a new way of thinking- Self Care is the new Health Care.

We had about 400 registrants for our Friday conferences, and over 300 community members visited our Healthy Living Community Workshops and Displays on Saturday.

The speakers' message was clear- the obstacles are great but so is the power within us – to make a commitment to better health for ourselves, our workplaces, and our community!

The tools are available to learn more about modifying our lifestyles to move further down the spectrum of better health: videos, books, internet, and community programs.

With your help and support, Live Healthy Appalachia will be an agent for improving the health and well-being of our community, and we will become a model for other communities to emulate.

Here are a few of the ways you can help in our ongoing efforts:

- Take some time to learn about the power of better nutritional habits in improving your overall health. Watch a video, read a book or article, or website from one of our Summit speakers to help motivate you- then pass it on to one of your friends or family members. (Get info from our website: www.livehealthyappalachia.org)
- Tell your school board members, school administrators, and teachers that you want “Food is Elementary” as a classroom curriculum in our schools. (See our website for more information)
- Consider joining the CHIP (Coronary Health Improvement Project) movement. (Contact the County Health Department for more info.)
- Employers- ask your benefits consultant how you can begin a worksite wellness program to empower your employees' on a journey to better health.
- Plant a garden this year- if it ever stops raining!
- “Be Plant Strong”- buy and eat more fruits and veggies from the Farmers Market or your local grocery.
- Ask a local restaurant to consider putting whole grain rice or pasta on their menu.
- Invite friends or family over to dinner and serve a “plant strong” meal.
- Donate time/money or both to www.livehealthyappalachia.org to keep it going!

I could go on, but those are a few good ways to start. Live Healthy Appalachia is committed to building a healthier community- be a part of the movement!

Sincerely,

Tom Kostohryz- Live Healthy Appalachia Steering Committee Chair tomkosto@seagency.com