



PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT

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PSHD Promotes a Healthy Lifestyle

Summer time is a great time of year to try new foods. Local food stores and farmer's markets provide a wide variety of fruits and vegetables this time of year. Eating fruits and vegetables has many positive benefits. For example, people who eat more fruits and vegetables are likely to reduce their risk of heart disease, stroke, some cancers, obesity, type 2 diabetes, and other chronic diseases. These foods provide nutrients that are vital for health and maintenance of the body. It is also a part of an overall healthy diet.

Summer time is also the perfect time to increase the amount of physical activity you do. Physical activity helps to strengthen your bones and muscles, improve your mental health and mood, improve your ability to do daily activities and to prevent falls, and increases your chances of living longer. People who are active reduce their risk of cardiovascular disease, type 2 diabetes and metabolic syndrome, and some cancers.

“There are many opportunities for residents to eat healthy and be active,” said Shane Lockwood, PSHD Director of Health. “PSHD encourages residents to take advantage

of the seasonal fruits and vegetables at local food stores and farmers markets, and to enjoy the many parks and trails in Plainville and Southington.

ChooseMyPlate.gov recommends the following ten tips for combining good nutrition and physical activity:

1. Maximize with nutrient-packed foods. Eat a variety of nutrient packed food, including whole grains, lean proteins, fruits and vegetables, low fat and fat free dairy. Eat less foods high in solid fats, added sugars and sodium (salt).
2. Energize with grains. Make half of your grain food choices whole grain foods like whole wheat bread or pasta and brown rice.
3. Power up with protein. Choose lean or low fat cuts of beef or pork, and skinless chicken or turkey. Eat seafood twice a week.
4. Mix it up with plant protein foods. Choose beans and peas, soy products, and unsalted nuts and seeds.
5. Vary your fruits and vegetables. Eat a variety of colors. Try blue, red, or black berries; red and yellow peppers, and dark greens like spinach and kale.
6. Don't forget dairy. Foods like fat-free and low-fat milk, yogurt and cheese help to build and maintain strong bones.
7. Balance your meals. Include all food groups each day.
8. Drink water. Stay hydrated by drinking water. Avoid sugary drinks.
9. Know how much to eat. Get personalized nutrition information based on your height, weight, age, gender, current physical activity level, and other factors.

10. Reach your goals. Earn Presidential recognition for reaching your healthy eating and physical activity goals. Visit www.presidentschallenge.org.

For more information on healthy eating and physical activity visit

www.ChooseMyPlate.gov or www.Fitness.gov.

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The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.