



Issue No. 1

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Activate Shasta!

In This Issue

- Healthy New Year!
- Golden Shoes a Big Success!
- Get Involved!

Quick Links

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Welcome to the Healthy Shasta e-newsletter!

Healthy New Year!

Thinking about setting some health related goals for the new year? Maybe the whole family could benefit. Talk with your kids about adopting healthier habits for 2009. Here are some great New Year's resolutions for kids from the American Academy of Pediatrics:

Kids, 5- to 12-years-old

- I will drink milk and water, and limit soda and fruit drinks.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when bicycling.

Kids, 13-years-old and up

- I will eat at least one fruit and one vegetable every day.
- I will limit the amount of soda I drink.
- I will help out in my community - through volunteering, working with community groups or by joining a group that helps people in need.

For more ideas, visit the [American Academy of Pediatrics](http://www.aap.org) website.

Healthy Shasta Golden Shoes were a big success!

Between September 15th and October 4th, community members searched for 10 Healthy Shasta Golden Shoes. Students also searched for 31 Silver Shoes on school campuses. Those who found a shoe won great prizes while exploring fantastic local options for staying healthy!

"It is an awesome contest! It is great fun figuring out the clues and they can lead you on a bunch of adventures...if you dare," Carl Drake said of the Golden Shoes. Drake found a Golden Shoe along the newly completed Upper Sacramento Ditch Trail, which begins just south of the Shasta Dam Visitor's Center parking lot. Spring Murray found a Golden Shoe at the Saturday morning Redding Certified Farmers' Market while searching with her family. She said, "It was fun family fun!" Other Golden Shoes led to:

- The new playground in Alta Mesa Park which was built in one day last spring.
- The new extension trail linking the Sacramento River Trail to the neighborhoods near Eureka Way and Buenaventura Boulevard.
- The Pacific Crest Trail near Baum and Crystal Lakes.
- The skateboard park in Anderson.
- A basket of spaghetti squash at the Tuesday morning Redding Certified Farmers' Market.
- The Senior Nutrition center in Engle Park in Shasta Lake City.
- The Thursday morning Farmers' Market at the Shasta County Fairgrounds in Anderson.
- The Lookout Tree in the McConnell Arboretum & Gardens.

Opportunities to Get Involved

The Shasta Healthy Eating and Active Living (HEAL) Summit took place November 17th. Over 80 local participants convened to learn about current efforts that support healthy eating and active living in our community. There were four major focus areas:

- Healthy community design - planning and designing communities that make it easier for people to live healthy lives
- Walking and biking - creating environments that make bicycling and walking easier, safer and more convenient for transportation and recreation
- Food systems - creating environments that improve access to and affordability of healthy foods, including support of locally grown foods
- Healthy schools - implementing policies and systems that support healthy foods and physical activity for students

The groups will continue to meet to identify and prioritize strategies to converge on. Volunteers and input are always welcome so call 229-8243 to learn more or get involved with any of these exciting issues!

Healthy Shasta: Making the healthy choice the easy choice in Shasta County!

