

**"Some people want it to happen, some wish it would happen, others make it happen"**

**- Michael Jordan**

## **STEP FIVE: SWEAT EQUITY**

**Congratulations, you have completed your first Health plan! It is now time to put your plan into action. Sticking with it is the hardest part; but, we are here to help and support your efforts along the way.**

**In step 5 you will find many different types of resources; articles, research and local and national resources. It may be most helpful to utilize the website for this step and its links. Visit [themobilepharmacy.org](http://themobilepharmacy.org) and click on the Health is Your Wealth tab. We will continue to add new links and information on the website.**

**Just like with a retirement plan it is vital to manage your health plan. It is important to review and update your plan annually or as major changes in your life occur health or otherwise.**

A project by



# Nutrition

## Weight loss:

If weight loss is your goal, it is important to understand that in order to achieve this you must consume less calories than you burn. Losing one to two pounds a week is a good and safe goal to set. This would mean consuming around 500 less calories per day or burning 500 more than you eat. We have listed several apps to track your calorie intake. To track your progress, you should weigh yourself only once a week, at the same time, preferably in the morning before breakfast. A good way to keep yourself accountable is to find a buddy to check in with. We have also listed a health coach and weight watchers group for this purpose but your buddy can also be a friend or family member!

- *More information*
  - <https://foodandnutrition.org/blogs/stone-soup/whole-foods-vs-processed-foods-less-actually-better/>
- *Interactive Tools:*
  - <https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/#fat>
  - <https://www.healthline.com/nutrition/5-best-calorie-counters#section4>
    - If you do not have a smartphone, just keep a regular food journal of everything you eat!
- *Local resources:*
  - Weight Watchers in Monroe: <https://www.weightwatchers.com/us/find-a-meeting/1227259/grace-fellowship-church-student-bldg-monroe-ga>
  - Weight Watchers in Loganville: <https://www.weightwatchers.com/us/find-a-meeting/1225829/the-cross-church-loganville-ga>
  - Local Health Coach: <https://refitrev.com/instructors/dyoung/>

## Eating out:

Food for thought: Eating a meal out tends to have more calories and sodium than a similar meal at home. Whenever possible it is always healthiest to cook for yourself but eating out is a part of a healthy social life! See below for some healthier choices to try next time you go out!

- *More information:*
  - Healthy Menu Options: <https://waltonwellness.org/dining-out-healthy-options/>

## Eat more fruits and veggies:

Regardless of your health goals, including more vegetables and fruits in your diet should be an ongoing goal for everyone.

- *More information*
  - <https://www.choosemyplate.gov/vegetables>
  - <https://www.choosemyplate.gov/fruit>
- *Local resources:*

One good way to include more veggies in your diet is to join a CSA (community supported agriculture). Each CSA is operated individually however typically you join for a month at a time and during that month you receive locally grown produce from the farm!

- Here is a link to find CSA's in the Walton County Area:  
<https://www.localharvest.org/search.jsp?imp&scale=8&lat=33.79091&lon=-83.711685>
  - This site operates off zip codes so make sure to enter the different Walton Co. zip codes to find all the different CSA's in our area!
- Bella Vista Farm: <https://bellavistanaturals.com/gallery/home/>
  - One of their services is herbal supplements and medications!
- Monroe Farmer's Market: [www.monroedowntown.com/attractions/monroe-farmers-market](http://www.monroedowntown.com/attractions/monroe-farmers-market)
- The Mobile Farmacy: <https://www.themobilefarmacy.org>

### **Eat the rainbow:**

Eat the rainbow refers to having a diverse diet. Meaning, putting a wide variety of colors of fruits and vegetables on your plate. This is also a good way to talk with kids about eating fruits and vegetables.

- *More information:*
  - <https://foodrevolution.org/blog/eating-the-rainbow-health-benefits/>
  - <https://healthyforgood.heart.org/add-color>
- For Kids:*
  - <https://www.wholekidsfoundation.org/downloads/better-bites/better-bites-eat-a-rainbow.pdf>
  - <http://www.strong4life.com/?cid=10081%7cse%7cps%7cgsem%7cna4%7cAdGroupBrand>
- *Interactive tools:*
  - <https://www.famlii.com/play-eat-a-rainbow-game-healthy-eating-rules-printable-game-board/>

### **Water:**

Water is very important to consume but most of us aren't sure how much to drink! Men should generally drink about 13 cups of water a day, while women should aim for nine. You should also aim to get about 80% of your water from beverages and 20% from food. For more specifics visit the links below.

- *More Information*
  - <https://www.cdc.gov/healthywater/drinking/nutrition/index.html>
  - <http://www.nationalacademies.org/hmd/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx>
- *Interactive Tools:*
  - <https://www.h4hinitiative.com/hydration-tools>

### **Caffeine:**

Caffeine in moderation may have some health benefits however too much caffeine may have negative impacts on your family life and health.

- *More information*
  - <https://medlineplus.gov/caffeine.html>
- *Interactive Tools:*
  - <https://www.caffeineinformer.com/>

## Activity

### Exercise:

Exercise is an important part of a healthy lifestyle whether you are trying to lose weight or not! Find out more information below or check out a local way to get active in our community!

- *More information:*
  - <https://www.cdc.gov/physicalactivity/index.html>
  -
- *Local resources:*
  - Senior Fitness program: <http://www.waltoncountyseniorfitness.com/index.htm>
  - Walking Tours: Monroe: [www.monroedowntown.com/attractions/historic-walking-tour](http://www.monroedowntown.com/attractions/historic-walking-tour)
  - Walking Tours: social circle:
  - Community Gyms: <http://www.waltoncountyga.gov/departments/parks-recreation/community-centers/>
  - Project Road Share: <https://projectroadshare.org/about/>
  - Parks and rec department: <http://www.monroerec.org/info/default.aspx>
  - Walton County parks: [www.n-georgia.com/walton-county-parks.html](http://www.n-georgia.com/walton-county-parks.html)
  - Outdoors GA: <http://gastateparks.org/activities>
  - [www.active.com](http://www.active.com)

### Sitting less:

Sitting for extended periods of time can be damaging to your health even if you do regularly exercise. Here are some tips to sit less and move more as well as opportunities to move more in the community.

- *More information*
  - <https://www.heartfoundation.org.au/active-living/sit-less>
  - <https://food.unl.edu/sitting-new-smoking-22-tips-sitting-less-and-moving-more>

## Disease Management

### Family Health:

These next two tools supplement steps one and two and go more in depth than our hard copy. These are also both good ways to save your data electronically if you wish to do so. These tools are compatible with electronic medical records and would be helpful if you foresee yourself needing to share a lot of information with a medical professional.

- *Interactive tools:*
  - <https://familyhistory.hhs.gov/FHH/html/index.html>

- This website allows you to record and store your family's detailed health history online.
- <https://icmedonline.com/>
  - ICMed is an app you can use to keep up to date information on your own health status as well as your family's. We highly recommend the thoroughness and usability of this app.

### **Addictive Disease:**

Addiction is a chronic disease that takes regular management to control. Here are several local resources including treatment and meetings.

- Alcohol Information:
  - <https://www.rethinkingdrinking.niaaa.nih.gov/>
  - <https://www.cdc.gov/alcohol/fact-sheets.htm>
- Local Resources:
  - Narcotics anonymous in Monroe:
  - Twin Lakes: <https://twinlakesrecoverycenter.com/about-us/>
  - Ridgeview: <https://ridgeviewinstitute.com/monroe/>

### **Sexual health:**

Practicing safe sex is an important part of overall mental and physical health. Some STI's may be treated and go away quickly while others may become a chronic condition. Sexually active adults under 25 should aim to be tested about once a year for STI's but you may need to be tested more often if you engage in unsafe sexual behaviors such as having a new or multiple sexual partners or have a partner with an STI.

- *More information:*
  - <http://www.ashasexualhealth.org/stdstis/>
  - <https://www.cdc.gov/std/prevention/screeningreccs.htm>
- *Local Resources:*
  - Live forward HIV testing: <http://www.liveforward.org/get-tested/>
  - Women's Health and Wellness Clinic of Walton STI testing: <http://whwclinic.com/issues/what-are-sti-std>
  - Walton Co. Public Health: <http://publichealthathens.com/wp/services/sexually-transmitted-infection-testing-and-treatment/>

### **Cancer:**

Cancer is a diverse group of chronic illnesses. The links below are comprehensive tools to help you navigate many different types of cancer diagnoses.

- *More information*
  - [www.cancerindex.org/](http://www.cancerindex.org/)
- *Local Resources:*
  - <http://www.cancerfoundationofnega.org/about-us/>

### **Diabetes:**

Type II diabetes is a disease that may be managed through lifestyle change, without the need for prescription medication. Learn more about the two different types of diabetes and how you can manage or prevent yourself for getting the disease.

- *More information:*
  - <http://www.diabetes.org/>
- *Local Resources:*
  - FISH MD has a diabetes management program:  
**Medical Location**  
226 Alcovy Street  
Monroe, GA 30655  
Medical Clinic is in Building D  
**Medical Clinic-by appointment only**  
Call 678-635-8378

### **Blood pressure and Heart Health:**

It is possible to manage your blood pressure and decrease your risk for heart disease through diet and exercise! Use the links below to see how you can get your blood pressure under control without the use of or in conjunction with prescription medications.

- *More information:*
  - <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm199058.htm>
  - DASH Diet: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>
  - Tips: <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>
  - Tips: [http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/MakeChangesThatMatter/Changes-You-Can-Make-to-Manage-High-Blood-Pressure\\_UCM\\_002054\\_Article.jsp#.WruepkxFzmE](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/MakeChangesThatMatter/Changes-You-Can-Make-to-Manage-High-Blood-Pressure_UCM_002054_Article.jsp#.WruepkxFzmE)
- *Local resources:*
  - **Free blood pressure checks:** You may get your blood pressure checked for free at most local pharmacies as well as the Monroe Fire Department, Loganville Fire Department and Social Circle Fire Department.
  - Walton Co. Health department: <http://publichealthathens.com/wp/clinics/health-departments/walton-county/>

## **Mental Health:**

Mental health is an important component of overall health. Many things play into this including your happiness, stress levels and sleep habits. See below for more information and resources to keep your mind healthy!

### **Happiness**

- *More information:*
  - <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>
  - [https://docs.wixstatic.com/ugd/928487\\_680fc12644c8428eb728cde7d61b13e7.pdf](https://docs.wixstatic.com/ugd/928487_680fc12644c8428eb728cde7d61b13e7.pdf)
  - Book list: <https://www.happinessresearchinstitute.com/books>
- *Interactive tools:*
  - <https://www.happinessresearchinstitute.com/masterclass>

## Stress

- *More information*
  - [http://www.heart.org/HEARTORG/HealthyLiving/StressManagement/Stress-Management\\_UCM\\_001082\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp)
- *Interactive tools:*
  - List of free apps: <https://thiswayup.org.au/12-free-apps-to-help-you-beat-stress/>

## Sleep

- *More information*
  - <https://sleep.org/>
    - Scroll through the home page to find the interactive tools.
  - <https://healthyforgood.heart.org/be-well/articles/how-to-sleep-better-with-tech-tweaks>
- *Interactive tools:*
  - List of free apps: <https://www.medicalnewstoday.com/articles/317816.php>
- *Local Resources for all mental health categories:*
  - Advantage behavioral Walton Co.: <https://www.advantagebhs.org/walton-county.cms>
  - Find a counselor near you: <https://www.goodtherapy.org/find-therapist.html>

## Mobile Health:

Our society is becoming increasingly dependent on our mobile devices, and although they can be a very helpful tool, it is important to still maintain a healthy relationship with yours.

- *More information:*
  - NPR article: <https://www.npr.org/sections/health-shots/2018/02/12/584389201/smartphone-detox-how-to-power-down-in-a-wired-world>
- *Interactive Tools:*
  - Nomophobia Questionnaire: [http://caglaryildirim.net/portfolio/wp-content/uploads/2015/06/NMPQ\\_English.pdf](http://caglaryildirim.net/portfolio/wp-content/uploads/2015/06/NMPQ_English.pdf)

## Money Management:

Financial security and health are highly linked. When you are in control of your finances your mental emotional and physical health will benefit.

- *More information:*
  - Credit counseling service <https://www.nfcc.org/>
- Local resources:

- Walton Wellness has resources available for money management planning, please contact [waltonwellness@gmail.com](mailto:waltonwellness@gmail.com)