

Promote Healthy Weight in Your Community!

Below are **10 Easy Things** MMA Members can do in their Communities to Promote and Encourage Healthy Weight



30 Association Drive
P.O. Box 190
Manchester, ME 04351
www.mainemed.com
207-622-3374

- 1** Eat Local. Ask what menu items feature Maine foods.
- 2** Support your local farms — Buy a CSA share, make the local farmers market part of your weekly rounds.
- 3** Have lunch with your child or your neighbors' or relatives' child at school.
- 4** Take a Healthy Maine Walk and tell 3 friends/colleagues about it.
- 5** Encourage hospital administrators to promote stairwell use.
- 6** Wear a pedometer and talk to your patients on why you are using it.
- 7** Ask your legislator to support increased time for PA before, during, and after school*.
- 8** Ask your school board, "How much of the food budget supports local growers or fishermen?"
- 9** Find out the breast feeding rate in your hospital or better yet, your community.
- 10** Display the "5210"* posters in your office, at your local school, and health club and order the "Let's Go" kit and set up a system in your office practice to work with patients towards healthy weight goals.

* Visit www.mainemed.com to learn more!

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