

Mercer County Health Department announces "10 Week Wellness Program"

<http://www.kttn.com/kgozfm/modules/news/article.php?storyid=18735>

Mercer County Health Department announces "10 Week Wellness Program"

News

Posted by : Tom

Posted on : 2013/1/3 12:08:00

The Mercer County Health Department has a ten week wellness program that begins on Monday, January 7th. Participants are asked to choose at least one of four designated items to monitor. They are: Exercising at least 30 minutes for a minimum of five days a week, Eating at least five servings of fruits and vegetables a day, Drinking at least five to eight ounce glasses of water day, and eating foods from each of the five food groups daily.

Participants in the Mercer County Wellness Program also are asked to pick at least one of five goals to accomplish. They are: To lose or maintain weight, Decrease blood glucose, Lower blood pressure, Lower cholesterol, and improve endurance.

The Mercer County program is called "Give Yourself Five". The cost is \$5.00 per person for educational materials. There is an additional \$5.00 office fee for people having blood sugar or cholesterol checked.

People completing the ten-week program will be eligible for a drawing for prizes. The program is open to everyone. Contact the Mercer County Health Department in Princeton for more details.