

MGH

MARION GENERAL HOSPITAL

Healthy Resource Guide

- Opportunities for Exercise
- Healthy Tips & Resources
- Local Walks & Runs
- MyPlate Nutrition & Activity Guide



A partnership with:

FREE GUIDE





GET MOVING!

EXERCISE HEALTH BENEFITS:

- LOWERS CHOLESTEROL
- LOWER TRIGLYCERIDES
- LOWER RISK OF HIGH BLOOD PRESSURE
- REDUCED INFLAMMATION
- BETTER BLOOD VESSELS
- LOWER RISK OF DIABETES
- A HEDGE AGAINST COLON CANCER
- STRONG BONES
- WEIGHT LOSS
- **A LONGER LIFE**

The "E" word can make you cringe, but exercise is really necessary. Besides, it can be fun: Learn how to squeeze fitness into your busy day.

Marion General Hospital and the Grant County YMCA have a mutual mission and vision for our community, which is healthy living. It was natural for the two of us to partner to provide a resource guide to community members looking to improve their health.

The benefits of regular exercise are unrivaled: Physical activity can help you lose weight and prevent a host of ailments, including heart disease, diabetes, and osteoporosis. Being fit also can help you stay mentally sharp.

While most people know they should exercise, you may not know where to start or how to fit it into a busy schedule. The American College of Sports Medicine (ACSM) and the American Heart Association (AHA) recommend that healthy adults get at least 150 minutes of "moderate" intensity aerobic activity spread out over five days a week, or 20 minutes of "vigorous" intensity aerobic activity on each of three days a week.

If you can't fit 30 minutes a day into your schedule, get more exercise simply by being less efficient with your chores and adding a little extra walking distance everywhere you go. However, if you pick an activity you like, finding time for fitness will become effortless and the rewards enormous.

This guide is a one-stop resource for community members who might not know when an event is taking place or the best way to begin making lifestyle changes.

Inside you will find helpful tools designed to make your journey smoother so you can make these or any other habits a daily part of your life. We can help you make a healthy improvement and be the person you want to be and have the impact you want to have.

When you're truly healthy, you are healthy in your body, mind, and spirit.



Walking / Biking Areas

Matter Park consists of many paved walking/biking paths that can be enjoyed by beginners, as well as the avid athlete.

Sport / Activity Areas

Matter Park is a great place to enjoy many activities which include baseball/softball diamonds, tennis courts, playgrounds, and gardens.

Water/ Activity Areas

Canoe or kayak in the Mississinewa River (access points available), go fishing in the pond, or enjoy exploring at the river's edge.

Points of Interest

Boasting several points of interest, Matter Park is a place all can be active. Stroll through the Memory Gardens and so much more.

Shelter / Picnic Areas

Numerous shelter / picnic areas are available throughout the park, some equipped with charcoal grills and picnic tables to enjoy.

Restrooms

This park include a couple of restroom facilities that are easily accessible. Open during operating hours for public use.



--- Walking / Biking Areas

Walk, jog, run, or bike the beautiful Cardinal Greenway trail in Grant County, Indiana. Stretching from Jonesboro through Marion, and into Sweetser, the trail offers options for beginners as well as avid athletes.

XXX Mile Markers

Mile markers are visible on the trail to help keep track of your progress on the trail. The trail from Jonesboro to Sweetser is approximately 13 miles one way.

Restrooms

Restrooms are available at various sites along the trail. These are portable pit toilets and there is no electricity or running water.

P Parking

Convenient parking is located along the trail at various points making access easy for anyone. Load up and get moving or make arrangements for drop off & pick up. Cross street references are listed on the above map.

Beaer Linn Park Gas City, Indiana

Map Legend

- Walking / Biking Areas
- Sport / Activity Areas
- Water/ Activity Areas
- Points of Interest
- Shelter / Picnic Areas
- Restrooms



Walking / Biking Areas

Walking or biking the park area is easy and the scenery is enjoyable. There is a bridge that connects to the Cardinal Greenway as well.

Sport / Activity Areas

The Gas City Park offers; baseball/softball diamonds, basketball courts, tennis courts, horseshoe pit, and full playground.

Water/ Activity Areas

Canoe or kyak in the Mississinewa River (boat ramp available), go fishing in the pond, or get exercise and have fun at the public pool.

Points of Interest

Animal Zoo - Take the kids along and stop to say HELLO to some pretty cool animals. Band Shell - Events hosted every summer.

Shelter / Picnic Areas

Eleven shelter / picnic areas are available throughout the park, some equipped with charcoal grills and picnic tables to enjoy.

Restrooms

One restroom facility is available at the park, located by the main entrance. Portable toilets are located throughout the park as well.

Get Involved

Community Walks & Runs



Hodson Half - September 19, 2015

Contact: Adam Myers at 765.667.2448

Adam.myers@indwes.edu

Ramies Run - November 2015

Contact: Chris Kochanek at 765.506.2365

chriskochanek@gmail.com

Jack Whitlow Winter Run - November 2015

Contact: YMCA at 765.664.0544

www.grantcountyyymca.org

Walk a Mile - February 2016

Contact: Debra Ballard at 765.662.0988

dbrballard@yahoo.com

H2O Community Run/Walk - June 2016

Contact: Brittany Riner at 765.664.2391

briner@marionutilities.com

www.marionutilities.com

Juneteenth Fest - June 2016

Contact: Larry Emmons at 765.251.0578

or 765.664.5052

Walking Club - Grant County YMCA

Every Monday; May-September (no holidays)

Contact: YMCA at 765.664.0544

www.grantcountyyymca.org

Get Involved

Community Walks & Runs



**Would you like to
have your walk or
run listed here?**

Contact:

Robert Giglio
Grant County YMCA
123 Sutter Way
Marion, IN 46952
Phone: 765-664-0544

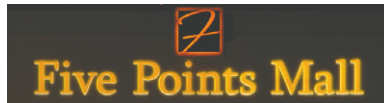


Even the weather
can't stop you.

Indoor walking areas to keep you moving.

meijer

1 loop around outer edge = 0.15 mile
Start and finish from the same point.



1 loop around outer edge = 0.92 miles
This is walking along all the outer edge including all
entry points, starting at and ending at Carson's.

Walmart 
Save money. Live better.

1 loop around outer edge = 0.31 miles
Start and finish from the same point.



1 loop around the track = 0.077 miles
13 times around the track is 1 mile

MGH

ACCESS



TIMELY CARE YOU DESERVE.



WE WILL get you in to see:

- (1) your MGH practitioner OR
- (2) the first available MGH practitioner

... YOU DECIDE.



WE WILL . . .

- update your MGH Electronic Health Record so your MGH practitioner will have immediate access to your visit results

... REST ASSURED.

With 20+ practitioners . . .
WE WILL GET YOU IN.



Need a PRACTITIONER?



660-MGH4 (6444)

You are what you eat!
Simple changes can improve health.



1 Out of sight, out of mind
Stash unhealthy snacks in the back of the cupboard. Place a bowl of fresh fruit on your kitchen counter to keep your mind thinking healthy.

2 Hold the CHEESE
Just say NO to putting that slice of cheese on your sandwich. Cutting 100 calories daily for a year results in a 10 pound weight loss and can improve overall health.

3 Your server will help you
Eating out is a big challenge to your willpower because of portion sizes. Ask your server to place half your entree in a takeout box before it reaches the table.

4 Sneaky drinks
Most people do not realize how many calories and grams of sugar are in the things they drink. People often drink more calories a day than they eat. DRINK WATER.

Burn, Baby, Burn!

Common exercise calorie burns.



Just 30 Minutes...
will burn away the following calories:

<u>Exercise Type / Sport</u>	<u>Weight</u> 125 lb.	<u>Weight</u> 155 lb.	<u>Weight</u> 185 lb.
Aerobics: low impact	165	205	244
Aerobics: water	120	149	178
Basketball: playing a game	240	298	355
Bicycling: 12-13.9 mph	240	298	355
Bowling	90	112	133
Elliptical Trainer: general	270	335	400
Frisbee	90	112	133
Kayaking	150	186	222
Rollerblade Skating	210	260	311
Running: 5 mph (12 min/mile)	240	298	355
Softball: general play	150	186	222
Stretching, Hatha Yoga	120	149	178
Swimming: general	180	223	266
Tennis: general	210	260	311
Walk: 3.5 mph (17 min/mi)	120	149	178
Walk/Jog: jog <10 min.	180	223	266
Weight Lifting: general	90	112	133

Did you know?

Household activities count as exercise.



Just 30 Minutes...

will burn away the following calories:

<u>Household Activity Type</u>	<u>Weight</u> 125 lb.	<u>Weight</u> 155 lb.	<u>Weight</u> 185 lb.
Cleaning rain gutters	150	186	222
Childcare	105	130	155
Cooking	75	93	111
Food Shopping: with cart	105	130	155
Gardening: general	135	167	200
Heavy Cleaning	135	167	200
Home Repair: Paint, remodel	135	167	200
Light Office Work	45	56	67
Mowing Lawn: push, power	135	167	200
Planting Seeds / Flowers	120	149	178
Raking Lawn / Sacking Grass	120	149	178
Shoveling Snow: by hand	180	223	266

Every little bit counts...

get **moving!**

Fruits: Focus on fruits.

- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

Vegetables:

Vary your veggies.

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

Physical Activity

Find your balance between food & physical activity.

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.

ChooseMyPlate



Oils: Know your fats.

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

Milk: Get your calcium-rich foods.

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources.

Grains: Make at least half your grains whole.

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

Meats & Beans Go lean on protein.

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.