



# HEALTHYLIVING MINNEAPOLIS

COMMUNITY RESOURCES FOR EVERYONE

## My Healthy Living Goals

- Eat 5 servings of fruits & vegetables each day
- Exercise at least 30 minutes each day
- Other \_\_\_\_\_

\_\_\_\_\_  
Clinician Signature

\_\_\_\_\_  
Patient Signature\*

*\*HealthyLiving Minneapolis organizations may tell my health provider(s) about my participation in programs or services.*

### Where to Go

See reverse side for a list of community resources to meet your Healthy Living goals or go to [www.MNHelp.Info](http://www.MNHelp.Info) and search for "HealthyLiving Minneapolis."



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\_\_\_\_\_  
Clinic Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Patient Name

### Know your BMI

- Underweight: BMI < 18
- Normal Weight: BMI 18.5 - 24.9
- Overweight: BMI 25.0 - 29.9
- Obese: BMI >=30.0

National Heart, Lung and Blood Institute, NIH guidelines

### Ideas for Healthy Living

- Walk or bike at your local park or trail
- Go to a healthy cooking class
- Get fresh vegetables at your farmer's market
- Join your local fitness facility or sports team
- Take an exercise or dance class

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# Community Resources for Everyone

## Healthy Living Minneapolis Network

Call for more details on locations and programs available through HealthyLiving Minneapolis.

### Healthy Food:

- Minneapolis Farmer's Markets – 3-1-1, [www.minneapolismn.gov/sustainability/MplsFarmersMarkets](http://www.minneapolismn.gov/sustainability/MplsFarmersMarkets)
- Fare for All – 1-800-582-4291, [www.emergencyfoodshelf.org/ourfamilyofprograms/ffa](http://www.emergencyfoodshelf.org/ourfamilyofprograms/ffa)

### Healthy Eating Classes:

- Minneapolis Community Education – 612-668-3939, [www.mplscommunityed.com](http://www.mplscommunityed.com)
- Minneapolis Parks and Recreation Centers – 612-230-6400, [www.minneapolisparcs.org](http://www.minneapolisparcs.org)

### Exercise:

- Minneapolis Community Education – 612-668-3939, [www.mplscommunityed.com](http://www.mplscommunityed.com)
- Minneapolis Parks and Recreation Centers – 612-230-6400, [www.minneapolisparcs.org](http://www.minneapolisparcs.org)
- WellShare International – 612-230-3258, [www.wellshareinternational.org](http://www.wellshareinternational.org)
- YMCA of Metropolitan Minneapolis – 612-371-8740 (Downtown), 612-827-5401 (Blaisdell), [www.ymcatwincities.org](http://www.ymcatwincities.org)
- YWCA Minneapolis – 612-332-0501, [www.ywca-minneapolis.org](http://www.ywca-minneapolis.org)



2011, Minneapolis Department of Health & Family Support funded through the MN Department of Health's Statewide Health Improvement Program.

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