

What Does Your Picture of Health Look Like?

*Everyone has a story about an aspect of **whole person health** that can inspire someone else to improve theirs.*

Individual



Community



Whole Person Health



Environment



What is one thing you have done this week to promote your own health, that of the community, or the environment?

Name: _____

Email: _____

My story: _____



Comments/Social Determinants of Health

Spring-Fall 2015

Social & Community Context

Social and family time

Sharing exercise and food goals

Family eating together

Wellness committee at work brought in ideas from another transit company. Hoping to involve other nearby businesses as a communal effort.

This week I prepared posters and information about the misuse and overuse of plastic and the choices we need to make. This is the theme of our Earth Day booth. I also worked to prepare my garden.

12-7-15

I walk, drag people out to walk with me, dance, recycle, work in health promotion, try to be an example.

Volunteering in our community, walking, learning, new information, dancing keeps me healthy.

This week I have volunteered twice. That helps community connection, awareness and my own mental health.

I like to practice compassionate communication in order to connect with other in the community.

Trying to get no plastic bags (Leavenworth, Chelan County) Have talked to several city councilpersons. Hiker, climber, skier for many years. On board of CWSC and recycle group

Participated in "biggest loser" contest at work with 89 employees who together lost 407 pounds. Now taking this model out to the community

Walking to the "Keys"

Strategic planning for exercise

Kiwanis garbage pickup

Walking with coworkers

Managers park away from building

Encourage employees to use stairs

Signed up for cross-fit with spouse

Walk early morning with friends

Incorporating mindfulness into staff meetings

Co worker Bible study group of organization values

Attending a Lion's Club meeting provides social interactions for myself, supports the community through youth projects and improves the community.

Practiced yoga, walked recycled, Facebooked about a wellness fair

I took time alone for myself, worked outside in the yard, volunteered at the food bank, and came to the health fair where I met new people.

12-7-15

Checked in on neighbor Mo and his dog Ollie

Square dancing with 25 women. I also am a square dance caller encouraging activity at the senior center

Drove politely, got my heart rate up by 60% maximum twice a day and was intentionally friendly

We are gathering with our neighbors for an evening meal and get together with friends

I share my approach to mind/body/spirit wellness with my community as a parish nurse

“Kiddical Mass” group bike ride

Community walk coming up in July being sponsored by Okanogan Highlands Alliance

Okanogan Days events

Art in the Park sponsored by Okanogan Prevention Partners (carseats) 6/29

ABCD early life teaching aids

Healing ceremonies at CCT community centers

Suicide prevention 7-14-7-15 sponsored by CCT in Omak

Advocating for farmer’s markets

Provided relief for fire victims

Social interaction challenge associated with “big loser” weight loss program

Sharing food from garden with food bank

Participating in swimathon in Cashmere

Physical Environment

Exercise, gardening with a purpose

Walking and cycling

Soccer with daughter outdoors

Gardening

12-7-15

I donate my time coordinating the high school volunteers during Earth Day. I belong to the Chelan Community Garden and planted potatoes last week.

Took a beautiful hike on Friday in Wenatchee Foothills with the balsamroot in full glory!

Fermented foods, living right with my lord, gardening organic, egg laying hens, homeschool family, and recycling almost everything.

Bike, kayak, and plant a garden.

I am a farmer, grow food for my community, and climb & ski in the mountains.

I went for a mountain bike ride both for my own physical health and also to connect to the natural world and promote environmental health.

I took my bike to Earth Day as I read Joseph Winters challenged Leavenworth to walk or bike here.

I played outside today with a tennis ball.

I play outside and do lots of things outside every day.

Shop local, eat light, eat organic, enjoy beauty around me, e.g., River Walk. Love my family/grandchildren, plants and flowers.

Gardening

Gardening and bike riding

Walk to fish and pickup trash

I am an equestrian and ride on a drill team in Cashmere. Horses are my stress reliever and my joy in life.

I garden – it's creative, grounding and nourishes my soul.

Hiking and being in nature has vastly improved my mental health since college so I hike or walk daily. In the process I pull invasive weeds and remove trash to help our environment stay healthy as well.

I went over to my neighbor's house and picked all of the goat heads out of her yard

I have started biking to work 3 days a week

12-7-15

Keep hiking in the winter, go snowshoeing and go backcountry skiing. Speak up for recreation.

Took family for a walk on the Loop Trail

Led group in rare plant surveys for 3 days at Lost Lake in the Okanogan Highlands

We organize “trash mobs” to keep the Soap Lake streets and field clean

Education

Coaching soccer

I spend my professional life working to improve community wildfire resilience.

Promoting Cascadia Conservation District’s natural resource stewardship efforts at the Leavenworth Earth Day

Teaching kids to birdwatch including college students at WVC

Taking my child to soccer

Encourage executive team with nutrition info

Breast cancer; counsel other women and that has become multi-generational

Gardening training

I went to exercise class

Educating our community on Medicare. I dance Mexican folkloric. It’s an amazing workout and enjoying my culture

Full recovery from illness and seat belt injury. Now fitness instructor to give back to my community

Took 3 cardio classes and walked in neighborhood meeting people and their dogs

I attended a power cycle class and group boot camp class, volunteered for sole 2 soul 5K run and picked up some trash

Introduced paddling to novices, mostly women which encourages physical activity, mental relaxation and fosters value for the river environment and self-esteem.

Tony Chapman – Ride bike every day and teach skiing in the winter

12-7-15

Lay leader diabetes workshop

Increased awareness of need for basic skills among youth

Model behavior in terms of eating and diet

Providing meals for people in need with her daughter

Providing meatless meals for visitors and teaching a cooking class at work

Alt 12 Gym in Wenatchee instructs seniors in movement classes 3 times a week to maintain strength, flexibility among those 60-90

Economic Stability

New exercise clothes and employee wellness program

Finally got some weight off by working on a home construction project.

Hiking backpacks as gifts

Looking for trail building as vacation

Signed up for CSA Community Supported Agriculture

Planned a vacation and time off

Using a manual weed eater

I learned a lot about end-of-life issues such as long-term care services, naming a DPOA, and funeral planning

Work hard on my farm and in the B&B to make our guests happy in the valley. Work in many ways for the community.

Hot yoga and supporting new smoothie business nearby

Health & Health Care

Health care and being heard by practitioners

Reading, fiction and non-fiction

Mindful meditation

12-7-15

Music

Reading to build empathy

Eating healthy snacks

Meditation and sleeping well

I've been doing yoga for over 12 years – it gives me strength, flexibility, balance, mind/body awareness. It is a daily commitment & lifestyle.

I go to the gym and do a full body workout.

Twice a week attend yoga class.

I do yoga daily and also use a stationary bicycle. Age 67.

I have knitted most of my life – my grandmother taught me at age 10. I've enjoyed sharing "knitting talk" at Earth Day and connecting with the community. I believe that all the knitting has helped keep my fingers limber. I don't have any arthritis or carpal tunnel problems.

I am pregnant and do yoga to keep healthy

This week I finished my first batch of JUN (like kombucha) and made sourdough rye bread with starter made from the JUN. Take care of your gut!

Did Seahawks 5K

Choose stairs and walking

Use phone app for motivation

Meditation

Singing

Keeping a gratitude journal

Early morning exercise

Training for 10K

Relaxing weekend trip, walking

Walked stairs, health eating

12-7-15

Eat pumpkin seeds instead of potato chips

Exercised and ate salad

Walked and hiked, yoga, chi gung, weight lifting and eat well

I run on the Loop Trail every other day for my physical and mental health as I deal with a recent divorce.

Worked out at YMCA and rode bikes to the park with the kids

Rode my bike to your booth!

Hiked up Saddlerock

I row (scull) and proselytize about it interacting with one person at a time.

My husband and I walk/jogged with our 9-month old on the Loop Trail

Going on a job with my 9-month old daughter

Eat 2 meatless meals weekly, eat 2 fish meals weekly, work out at YMCA 3-4 times weekly, walk additional 2-3 miles 2 or 3 times weekly. Hike often as possible

I walked to the farmer's market to buy fresh foods to cook for dinner tonight on my backpacking trip!

I chose to run on the Thursday Run Wenatchee run instead of watching Netflix!

I started running at age 55 – many years of marathons/half. I started when husband passed away for something to do and stopped at 87. 91 now.

I just put kale in my sandwich for the first time. It was from my stepmom's garden.

Focus on water instead of soda