

# **Waukesha County Dept. of Health and Human Services: “Live Well Waukesha County” challenges residents to improve fitness, nutrition with free health resources**

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**WAUKESHA, WI** – Waukesha County residents are encouraged to participate in *Live Well Waukesha County*, an initiative to address two of the community’s most prevalent health issues: nutrition and physical fitness. The *Live Well* initiative consists of two programs to address these issues; *Move Well Waukesha County* will offer free physical fitness events, and *Eat Well Waukesha County* offers free nutrition resources. Residents are invited to join the challenge, track their progress, and learn about events and activities online at [www.waukeshacounty.gov/livewell](http://www.waukeshacounty.gov/livewell).

*Live Well Waukesha County* is an outcome of the 2017- 2018 Community Health Improvement Plan and Process (CHIPP). Recent survey results found that 70% of adult residents in Waukesha County are overweight or obese, and less than half of them meet recommended nutrition and physical activity goals. The overall goals are to:

- Increase the percent of adults who consume the recommended 3+ vegetables/day from 25% to 30% by the end of 2021
- Increase the percent of adults who meet the recommended moderate or

vigorous activity levels from 46% to 50% by the end of 2021

- Reduce the percent of adults who are overweight or obese with a BMI of 25+ from 70+% to 68% by the end of 2021

*Move Well Waukesha County* addresses fitness needs by providing free physical activities in four communities: the City of Oconomowoc, the Village of Menomonee Falls, the City of Waukesha, and the Village of Mukwonago. Four community wellness walks are scheduled to kick off the program;

- April 25<sup>th</sup> - Sunset/Candlelight Hike at Retzer Nature Center, Waukesha 7:30-9:00 pm
- April 29<sup>th</sup> - Lake Country Trail Hike at Roosevelt Park, Oconomowoc 5:30-7:30 pm
- May 3<sup>rd</sup> - Sunset/Candlelight Hike at Menomonee Park, Menomonee Falls 7:00-9:00 pm
- May 10<sup>th</sup> - Sunset/Candlelight Hike at Mukwonago Park, Mukwonago 7:30-9:00 pm

Other Move Well events will include a Fit in the Parks series this summer and a Winter Wellness series.

*Eat Well Waukesha County* addresses nutritional needs, and will highlight a locally available crop each month to help the community learn more about healthy, seasonal, whole-foods, in partnership with ProHealth Care and the Washington/Ozaukee Public Health Department.

More information is available on Facebook at [@WaukeshaCountyPublicHealth](https://www.facebook.com/WaukeshaCountyPublicHealth) or online at [www.waukeshacounty.gov/livewell](http://www.waukeshacounty.gov/livewell).