

Summer Get Healthy program.

Partners: Dearborn County Health Department, Purdue Extension, Zen Zone, Lawrenceburg Farmers Market

Overview:

The Health Department will be at the first Lawrenceburg Farmers Market (6/8/2024), handing out booklets and taking beginning health screenings for blood pressure, blood glucose, and weight. The Health Department will provide the incentives to be shared by Purdue Extension at subsequent markets until 7/13/2024 when the Health Department returns to take ending vitals. The booklet includes the beginning stats, room to track them at home each week, space for trying new healthy recipes, a log for water intake, and participation in walking programs and Yoga in the park. The public can earn incentive items during the program by completing the following activities and logging into their booklet (Instructors or walk leaders will stamp their book). Anyone showing their booklet that they completed two or more items in a week at the Purdue booth at the Farmers Market will be eligible to receive that week's incentive. WHILE SUPPLIES LAST

Eligible Activities include

- Participate in Get WalkIN': Contact mparcell@purdue.edu for an email-based program
- Participate in Walk with a Doc on the First Saturday of each month at the trailhead in Lawrenceburg
- Participate in Yoga in the Park at the Lawrenceburg Civic Park on Wednesdays at 10 AM and Saturdays at 9 AM. All classes are FREE! Just bring your water bottle, yoga mat, and your friends!
- Visit the Farmers Market: Open every Saturday, June–October 9 am–1 pm
- Home check of blood pressure, glucose
- Trying a new healthy recipe and writing a review of it in their log book

**Have an instructor, walk leader, or market representative stamp your book for validation*

Weekly Incentives – while supplies last!

1-Booklet – shopping bag

2-Water Bottle

3-Veggie Peeler

4-Potholder finger mitten

5-Fridge thermometer

6-Whisk

And here's an extra incentive for you! You'll receive even more rewards if you're up for the challenge and complete the Challenge book. Completed book incentives include a meat thermometer, recipe cards, and a magnet. These rewards are a testament to your commitment to your health and a great way to motivate yourself to stay on track with the program. So, are you ready to take on the challenge and earn these extra rewards?

FAQ

Where do I get a booklet? Visit the Health Department or their tent at the Farmers Market on 6/8/24 to get your booklet. Those visiting the market booth will get the booklet and a shopping bag.

Who can participate? Everyone!

Am I guaranteed an incentive item? Incentives are available while supplies last and are first come, first served. Even if we run out of items, you will get the gift of health!

Since it is email-based, how do I verify I participated in Get WalkIN? You can verify that you participated in Get WalkIN by responding to emails about the program and completing the Cooperative Extension 30 for 30: Walk-A-Weigh sheet in the Challenge book. Here are in-person walking opportunities if they are feasible. You can walk at North Dearborn Public Library on Mondays, June 10-24, at 8:30 AM with their Get WalkIN group. You can walk four laps (1 mile) of 4-H Trail (aka oval at the fairgrounds) daily during the fair June 17-21, 2024. You can have your Challenge book stamped at the 4-H office 8:30 AM-4:30 PM.