

HELP BUILD THE WELL-BEING OF YOUR COMMUNITY



Our towns and cities have faced health challenges, economic uncertainty and emotional upheaval over the past few years. There's no better time to focus on what it means to be a healthy, resilient community.

4 WAYS TO EMBRACE YOUR HEALTHY COMMUNITY

The healthiest places tend to foster many different aspects of well-being.

- 1 Promote physical health.** Parks, bike paths and playgrounds are great places to get moving. Living in a community with access to medical care and healthy foods is also beneficial. Find out if there's a farmer's market nearby and try it.
- 2 Visit healthy gathering places.** Studies show people live longer in places where their homes, restaurants and workplaces encourage healthy eating and regular exercise. Instead of getting fast food for your next work lunch, do bag lunches at a park.
- 3 Support social connections.** A stronger sense of belonging helps us reach our goals and brings a better sense of security. Looking for new connections? Help at a community garden or take a class through your local rec center.
- 4 Encourage giving back.** Volunteering can enrich our lives and open us up to new experiences. On a tangible level, it's a great way to meet new friends. If you're outdoorsy, join a park cleanup. Or ask the nearest food shelf if they need helpers.





Take a community class to help foster **well-being**

GET TO KNOW YOUR NEIGHBORS

Learning more about the people and places around you is one of the best ways to build a safer community. Many neighborhoods host block parties in the summer. Or stop for a chat when you're out for a walk.

The library is a great place to learn your area's history. Many towns even offer resources for new residents like guides or short information sessions.

Sources: University of Minnesota, Blue Zones, Wellbeing People, National Institutes of Health, National Night Out



The monthly wellness topics are part of BlueElements—a health and wellness platform that encompasses six areas—physical, social, emotional, financial, professional and environmental.



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