



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 and search for "HealthyLiving Minneapolis."

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 \geq 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

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
- Fare for All – 1-800-582-4291, www.emergencyfoodshelf.org/ourfamilyofprograms/ffa

Healthy Eating Classes:

- Minneapolis Community Education – 612-668-3939, www.mplscommunityed.com
- Minneapolis Parks and Recreation Centers – 612-230-6400, www.minneapolisparcs.org

Exercise:

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



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