



Waukesha County

Department of Health and Human Services

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“LIVE WELL WAUKESHA COUNTY” CHALLENGES RESIDENTS TO IMPROVE FITNESS, NUTRITION WITH FREE HEALTH RESOURCES

(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.

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 initiative’s 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 25th - Sunset/Candlelight Hike at Retzer Nature Center, Waukesha 7:30-9:00 pm
- April 29th - Lake Country Trail Hike at Roosevelt Park, Oconomowoc 5:30-7:30 pm
- May 3rd - Sunset/Candlelight Hike at Menomonee Park, Menomonee Falls 7:00-9:00 pm
- May 10th - 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 Washington/Ozaukee County Public Health, ProHealth Care, Froedtert Health, and other Waukesha County partner organizations.

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

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