

## Kennebunk HMS

Hello everyone! On May 3rd which was May Day, Caroline and I set up the first Healthy Booth corner! We had a great time interacting with those who wanted to know about the program! May Day was a great opportunity for Caroline and myself to learn more about what health related topics and promotions we can incorporate at future town events! Here is what we did at May Day:

1. We displayed and sold Healthy Maine Streets T-Shirts with Kennebunk's 04043 zip code on the back.
2. We had hourly prizes. The winner received a Healthy Maine Streets T-Shirt or a pedometer. We had 5 questions and 5 winners. Questions that were used:
  - How many glasses of water are recommended daily?
  - How many steps should you take daily?
  - What is the recommended daily servings of fruits and vegetables?
  - What food group is best for after exercises?
  - is tomato a fruit or vegetable?
3. We Had a hula hoops contest. The winner received a Healthy Maine Streets T-Shirt. The record 13 minutes 48 seconds which was made by Caitlin a young child!
4. We handed out the first Kennebunk Healthy Times newsletter with flyers about upcoming HMS programs we are working on.
5. Amy, the dietician from Hannaford partnered with us in talking about healthy foods. We may work with her on future programming.
6. We made the news! Read about our kick off here:

<http://www.seacoastonline.com/apps/pbcs.dll/article?AID=/20140501/NEWS/405010318&emailAFriend=1>

Enclosed are some pictures from May Day 2014.









# YOUR HEALTHY CORNER BOOTH



GET YOUR HEALTHY ON KENNEBUNK!!!

Walking to live  
very healthy  
Walking to live  
very healthy  
Walking to live  
very healthy  
Walking to live  
very healthy



**HEALTHY MAINE STREETS**  
KENNEBUNK IS A HEALTHY MAINE STREETS COMMUNITY!

What does that mean to you?  
Things to look out for...

**WALK TO LIVE**  
Community Garden Mini-Series Coming Soon!

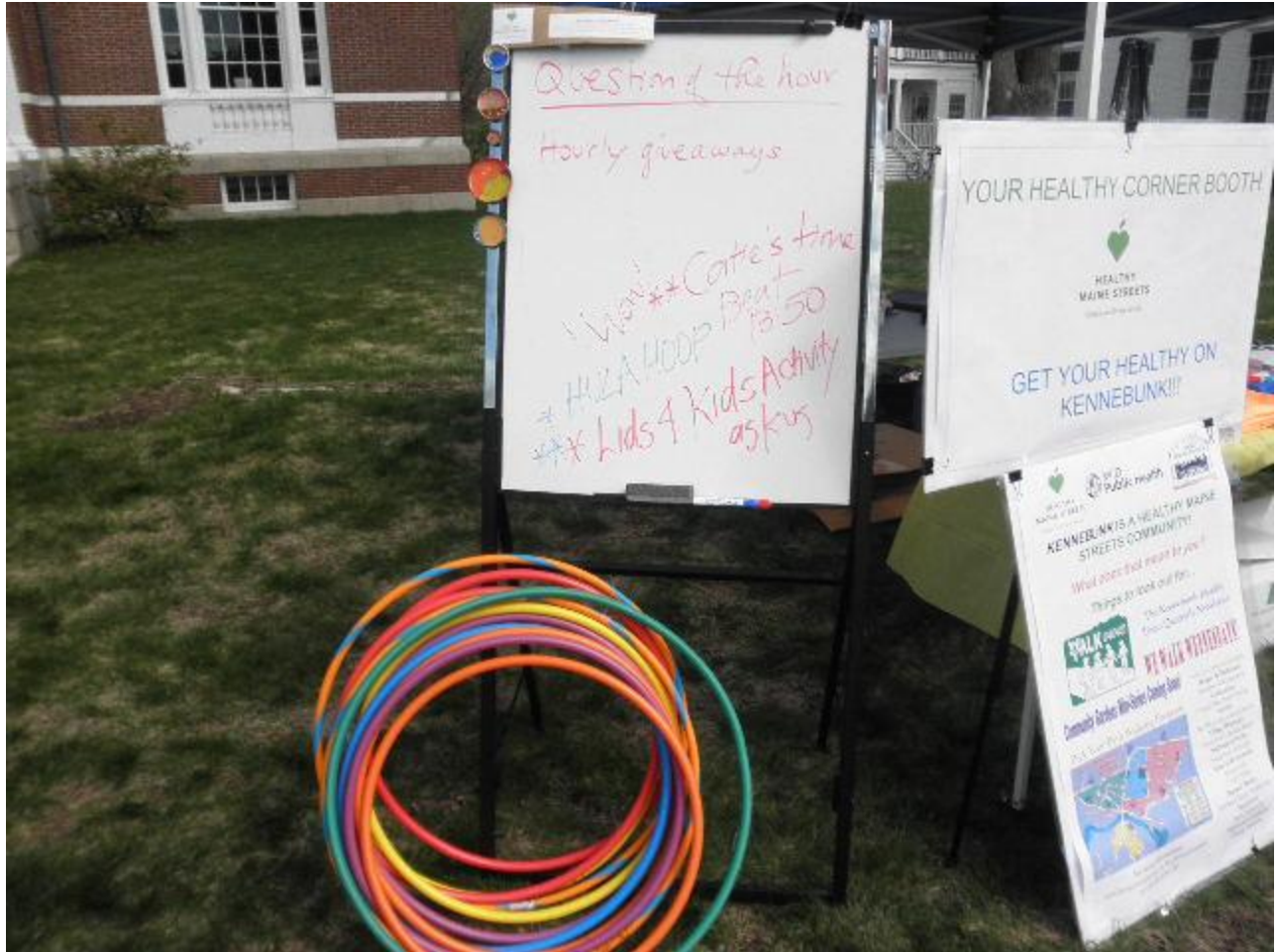
**WE WALK WE STAY FIT!**

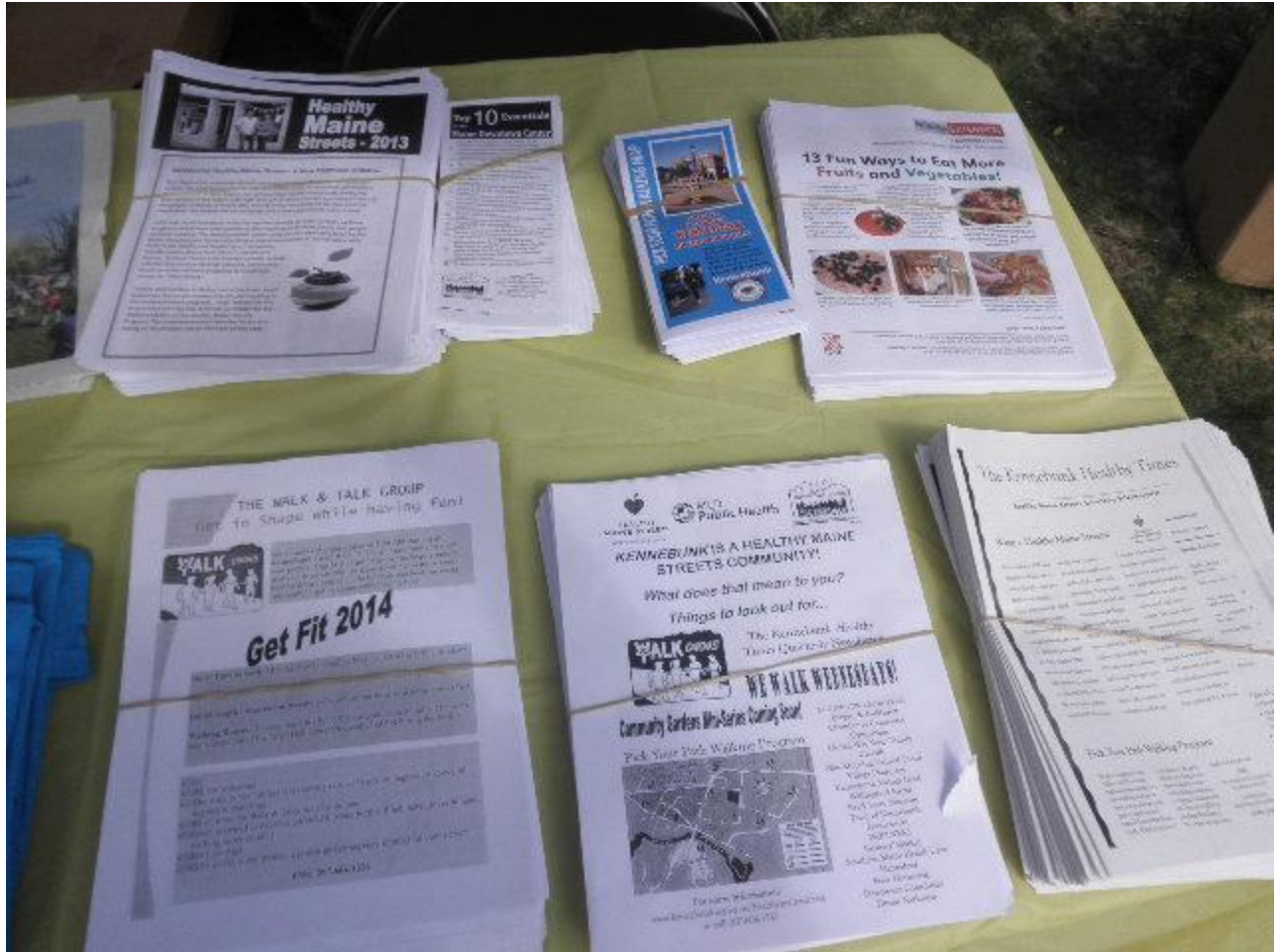
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T-SHIRTS FOR SALE!  
Adult \$10  
Youth \$7  
Buy any 10 for \$100!







**Healthy Maine Streets - 2013**

Healthy Maine Streets is a program that encourages people to walk and bike to work, school, and other destinations. It provides resources and information to help people get started.

**Healthy Maine Streets**

Walking and biking are great ways to stay healthy and active. They can help you lose weight, improve your heart health, and reduce stress. Healthy Maine Streets provides resources and information to help you get started.

**The 10 Essentials from Your Doctor's Office**

1. Get a physical exam  
2. Get your blood pressure checked  
3. Get your cholesterol checked  
4. Get your blood sugar checked  
5. Get your vision checked  
6. Get your teeth checked  
7. Get your skin checked  
8. Get your hearing checked  
9. Get your eyes checked  
10. Get your ears checked

**WE WALK WESTERLY!**

Community Gardens & Series Starting Local

Pick Your Own Walking Program

For more information, visit [www.kennebec.org](http://www.kennebec.org) or call 253-6612

**13 Fun Ways to Eat More Fruits and Vegetables!**

1. Add fruit to your cereal  
2. Add vegetables to your soup  
3. Add fruit to your smoothie  
4. Add vegetables to your salad  
5. Add fruit to your yogurt  
6. Add vegetables to your sandwich  
7. Add fruit to your snack  
8. Add vegetables to your pasta  
9. Add fruit to your breakfast  
10. Add vegetables to your dinner  
11. Add fruit to your lunch  
12. Add vegetables to your snack  
13. Add fruit to your dinner

**THE WALK & TALK GROUP**  
Get in Shape while having Fun!

**WALK GROUPS**

**Get Fit 2014**

Walking groups are a great way to stay healthy and active. They provide a supportive environment for people to walk and talk together. The group meets every Tuesday at 10:00 AM at the Kennebec Valley Community Center.

For more information, call 253-6612

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**The Kennebec Health Times**

Kennebec Health Times is a community newsletter that provides information on health, safety, and community events. It is published quarterly and is available to all residents of Kennebec County.

For more information, call 253-6612



Thank you,

Ahmed Ciangiulli  
Caroline Segalla

" A Healthy Maine  
Streets Community "