

February 2014

Saco Spirit's Healthy Maine Streets program promotes workplace wellness to downtown businesses. Since its inception in September of 2013, the program has shown that small changes can reap health benefits in worksites with fewer than 50 employees. Some businesses have incorporated healthy snacks into their workplace, while others are taking their meetings outside for "walk and talk" meetings, for just a couple examples of healthy changes.

Saco Spirit has also taken the wellness message of better nutrition, increased physical activity, and smoking cessation to their festivals and events in order to spread the word to the larger community as they visit downtown Saco. Hula hoop stations, vegetarian food vendor options, and graduated distance walking guides have made their appearance at downtown events in 2013.

Saco Spirit's Healthy Maine Streets will continue efforts to increase wellness among downtown businesses, visitors, and residents in the coming year. Initiatives to promote biking by having bike racks readily available, to increase awareness of no-smoking zones in public ways by better use of signage, and to acquaint business owners and employees with our local, fresh food at the Saco River Farmers' Market are included in this year's Healthy Maine Street workplan. We support the addition of Healthy Maine Street's focus on wellness to our downtown development program, as health is the foundation upon which we build our prosperity.

Respectfully submitted,
Catherine Glynn
Saco Spirit's Healthy Maine Streets co-chair