



## **Further Information on Exercise and Diet Resources**

### **1. Fitness for Wellness**

- a. 10 weeks, starting September 12<sup>th</sup>
- b. Two days per week
  - i. Mondays: Physical Therapy (4:00-4:45)
  - ii. Thursdays: Health Coach (4:00-4:45) AND Physical Therapy (4:45-5:30)
- c. Cost: \$50
- d. Location: 1311 Barre-Montpelier Rd, Berlin, VT
- e. Simply ask your doctor for a referral to sign up!

### **2. Free yoga**

- a. Once per week on Thursdays (through July 28)
- b. Time: 12:00-1:00
- c. Location: Field behind Pilgrim II Building behind the train station, Waterbury

### **3. Dietitian**

- a. Assesses your current diet
- b. Works with you to decide and track specific changes
- c. Simply ask your doctor for a referral!

### **4. Physical Therapy**

- a. Teaches specific exercises and provides information so you can practice at home
- b. Simply ask your doctor for a referral!

### **5. CHT (Community Health Team) member**

- a. Evaluates and identifies social services that you qualify for
- b. This can include: transportation, financial, and insurance needs
- c. Simply ask your doctor for a referral!

### **6. Online resources for healthy eating**

- a. American Academy of Family Physicians: Practical Tips  
<http://www.aafp.org/afp/2010/0615/p1456.html>
- b. Healthier Eating While Saving Money  
[http://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip\\_saving.pdf](http://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip_saving.pdf)
- c. American Heart Association: Healthy Eating  
[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Healthy-Eating\\_UCM\\_001188\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Healthy-Eating_UCM_001188_SubHomePage.jsp)

### **7. Online resources for exercise**

- a. American Academy of Family Physicians: How to Get Started  
<http://www.aafp.org/afp/2006/1215/p2095.html>
- b. CDC: Exercise Guidelines  
<http://www.cdc.gov/physicalactivity/basics/adults/index.htm>
- c. CDC: Educational and Instructional Videos!  
<http://www.cdc.gov/physicalactivity/basics/videos/index.htm>