



Ideas to Celebrate Wellness Week 2015

1. Upgrade existing school feeding programs to serve more fruits, vegetables, and safe drinking water; discourage children from having sugary drinks and snacks rich in salt, sugar and saturated fats.
2. Promote breastfeeding-friendly policies at your work place.
3. Enable spaces in your city for families to safely ride their bikes and encourage them to use helmets.
4. Keep yourself physically active. Walk, exercise, dance, do at least 150 minutes of moderate exercise a week. Have fun and keep moving!
5. Remove salt shakers from the table at home and in restaurants.
6. Choose the stairs over mechanical escalators and elevators on your daily commute.
7. Favor restaurants that display the calorie count on their menus.
8. Support public policies limiting the marketing of unhealthy foods and beverages to children
9. Promote community events free of junk food, alcohol and tobacco sponsors, and let's see what happens for the next World Soccer Cup and Olympic Games in Brazil. Make a difference starting at home.
10. Nourish your loved ones with natural and fresh products grown by local farmers rather than processed foods. Choose healthy.
11. Teach children to read the calorie count on food and beverage labels, starting with a can of soda. Choose smart.
12. Replace vending machines selling junk food and sugary drinks with healthier choices at schools and worksites.

13. Support socially responsible companies by keeping your stock market portfolio away from tobacco, alcohol and junk food industries, among others. Choose health.
14. Exposure to second hand smoking also kills and causes illness. Let's get a one hundred percent free of smoke America in public places and worksites.
15. Chronic Non-Communicable Diseases (NCDs) such as diabetes, cancer, and cardiovascular and lung diseases can be prevented. Visit health services to early detect and control your risks.
16. PAHO discourages collaborating with the alcohol industry because there is a conflict of interest with public health. Everybody gains when everyone drinks less.
17. Improve access to healthy food for the most vulnerable groups in your community, including children, pregnant women, elderly and economically disadvantaged individuals.
18. Resist from falling into the bigger portions trap advertised as "get more and save". People can get addicted to food.
19. Selling and promoting alcohol to minors is wrong and should stop. Lead by example.
20. Welcome socially responsible industries and businesses to your city and neighborhood.
21. Minimize the amount of waste you produce at home, work, school, and at large events -like Wellness Week. Consider using composting, reusing and recycling containers to separate your waste instead of sending it to the landfill.
22. Join Wellness Week!