

HEALTHY REVOLUTION NEWS

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Hotter than July! Let's Celebrate National Parks and Recreation Month!

July is National Parks and Recreation Month and time for outdoor activities! By engaging in outdoor activities, we are enhancing our health through physical activities such as walking, swimming, running, jogging, exercising, and yard cleaning or other outside chores. Our health is also enhanced when we drink more water and consume lots of fruits and vegetables. Combined, these health enhancing activities assist in the prevention of chronic diseases. [More.](#)

The Prince George's County Health Department, your community partner, continuously promotes and encourages physical activities and proper nutrition (including drinking water) as it strives to improve the health of county residents.

HEAL Public Awareness Campaign – Drink Water. It's Restorative and Sustainable

The Health Department's Healthy Eating, Active Living (HEAL) Public Awareness Campaign encourages county residents to:

- Drink water daily instead of sugary drinks;
- Practice walking daily as a simple, fun way to exercise.

[View video.](#)

Walk-a-thon Planned

Stay tuned for the upcoming Walk-a-thon being planned by the Prince George's Healthcare Action Coalition's Chronic Disease Workgroup. [More details about other events.](#)