

10 Rules for Healthy Citizens

1. Limit sugary drinks such as soda, sports drinks, and juices.
2. Eat colorful foods on a small plate.
3. No white bread or flour tortillas choose 100% whole wheat instead.
4. Limit eating at fast food restaurants and all you can eat buffets.
5. Snack on whole fruits, vegetables, and nuts.
6. Make movement a fun part of daily life; adults 150 minutes per week and children 300 minutes per week.
7. Take daily vitamin and mineral supplements.
8. Limit TV, video games, and computer time to 2 hours a day.
9. Eliminate or limit your alcohol consumption.
10. Shop on the outside of the grocery store, no processed foods. If it wasn't available 5,000 years ago don't eat it. If it won't spoil, don't eat it. If it does spoil, eat it before it spoils.



SAN MARCOS FIT CITY

Exercising at the park is fun and free!

- Jog in the park
- Swim in the river
- Play basketball
- Go fishing
- Throw the Frisbee
- Hike the hills
- Float the river
- Walk along the trails
- Play on a playground
- Go geo-caching
- Ride your bike in the park
- Play football in a field
- Go bird watching
- Do yoga or Pilates by the river
- Play catch in the grass
- Play kickball
- Go on a scavenger hunt
- Ride in a kayak on the river
- Play Red Rover
- Go on a nature hike
- Play soccer in the park
- For a challenge, play Ultimate Frisbee
- Cartwheel down the hills
- Dance!
- Play tag or hide and seek
- Bump, set, spike a volleyball
- Go backpacking
- Try rollerblading
- Walk your dog
- Clean up the parks
- Roll down the hills and run back up
- Jump rope by the river
- Draw a hop-scotch
- Play four square
- Create a game of capture the flag
- Ride in a canoe on the river



Get fit, quick!

Obesity has become an increasing problem among the American people. 78% of the adult population does not meet basic activity level recommendations and 25% are said to be completely sedentary. An alarming 29% of children are deemed overweight as well. With numbers hitting 1 in 4 children showing early signs of type II diabetes, something needs to change. There are easy ways to get fit and stay that way without having to dramatically alter our way of living. Things like going for a walk with a friend or playing with your child at the playground instead of sitting on the bench are two great ways to begin a happier, healthier lifestyle.

Texas Round-Up

Texas Round-Up is an organization that promotes healthy living through education and physical activity. They put on events to increase the awareness of sedentary lifestyles by making exercise a fun and enjoyable way to spend your time. Register as a member of the San Marcos Community and log your hours as you go. Join the "City of San Marcos Fittest" team and help us win the fittest city in the state! Get started now by signing up to run a 10K, 5K or participating in the Family Mile on Saturday, April 24 in Austin. For more information please visit www.texasroundup.org.



San Marcos GET FIT!

It's easy to get fit!



CITY OF SAN MARCOS
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Take action to change your life!

Experts say that we need 30 minutes of exercise per day. This could be jogging, hiking, walking or biking. They also recommend that we get a supplemental 30 minutes a day of moderate exercise such as unloading groceries or walking your dog. But, as your weight increases, the need for more exercise increases also. For severely overweight people, the time jumps up to an astonishing 90 minutes a day. On the plus side, these minutes can be spread throughout the day. The key thing is that we get our heart rates up!

Getting fit in San Marcos is easy with the wide variety of indoor and outdoor activities the city has to offer.

- Sign up for an aerobics class with a friend.
- Go play a friendly game of tennis at Rio Vista Park.
- Throw the Frisbee with your dog.
- Walk, hike or bike on the trails of Purgatory Creek, a great way to stay active and observe nature.
- Float the river and get a great arm workout.
- Go for a swim in the river or play football in City Park.
- Visit the 5-Mile Soccer Complex with the whole family, wheelchair accessible!
- Rent a canoe and get an upper body workout in the San Marcos River.
- Go geo-caching.
- Play on the playground and get your heart rate up.
- Go to Stokes Park for a bird watching adventure.
- Take up a yoga or Pilates class with a fellow peace-maker.
- Visit the Activity Center to lift weights or play racquetball.
- Play basketball at Victory Garden with a group of friends.
- Go fly-fishing.

These are things I would like to try in the next week: _____

These are things I would like to try in the next month: _____
