LiveWell Expo aims for a healthier Manistee
Posted by Dave Yarnell on February 21st, 2013

MANISTEE — If Manistee County is going to meet its goal of losing 24,709 pounds, it had better get busy.

Residents will get the chance to learn about the Healthy Manistee County Coalition’s new LiveWell campaign at the LiveWell Expo that will be held at Manistee High School on Tuesday from 5 to 8 p.m.

The purpose of the expo and the LiveWell Manistee County Campaign is to get people healthier and “make them more aware of the options they have to be more physically active and eat healthier,” said Caitlin Hills, District Health Department #10 health educator who has been working on the project for the past six weeks.

“The whole idea is to get people excited and to get them moving,” Hills continued. “And beyond the expo we have a lot of activities, such as the garden challenge to establish or expand 100 gardens in the county and also we’re going to challenge everyone to walk at least 100 miles during this summer.”

Through the health department, Manistee County has received special funding to develop programs to reduce obesity and implement the Michigan 4x4 plan. The Michigan Health and Wellness 4x4 Plan encourages residents to practice four key healthy behaviors — maintain a healthy diet, engage in regular exercise, get an annual physical examination and avoid all tobacco use. Also, the 4x4 Plan also urges the control of four measures — body mass index, blood pressure, blood cholesterol and blood sugar.

Testing for some of these will be available at Tuesday’s expo, which is free and for families and people of all ages. Residents are encouraged to register for the program at the website www.livewell4health.org, and those who aren’t registered before the expo will be encouraged to do it then.

At the expo there will be many door prizes, including a Wii game system with Wii Fit, health club memberships, a free plot rental at Sophia Street Community Garden, gift certificates and more.

Healthy food samples will also be available, prepared by the Manistee Community Kitchen and the West Shore Medical Center Cafe. Other exhibitors will include America’s Fitness Center, Cardiopulmonary Rehab at WSMC, chiropractor Christa Johnson, Diabetes Education at WSMC, the Michigan Department of Natural Resources, Fit U.S.A., District Health Department #10, Miller’s Produce, Manistee Recreation Association, MSU Extension, National Diabetes Prevention Program, Occupational Therapy at WSMC, Onekama School Fitness Facility, Paine Aquatic Center, Physical Therapy at WSMC, SEEDS, Manistee County Senior Center, Shoreline Cycling Club, Snyder’s Shoes, Sophia Street Community Garden and the West Shore Health Connection.

Also at the expo excerpts from the HBO film “Weight of a Nation” will be shown. The goal of losing one pound per resident of Nashville, Tenn. is shown in the film — the same goal Manistee County has during the March to Memorial Day running from March 1 through Memorial Day.