

IT'S TIME TO GET HEALTHY

Need some “nrg”?

As part of Lighten Up Lancaster County's Countdown to nrgBalance, a promotion of the statewide movement nrgBalance — make healthy easy, St. Leo the Great students in Marcie McCarthy's class recently visited Kegel's Produce, to learn about fruits and vegetables.

The nrgBalance movement, launched by PANA (Pennsylvania Advocates for Nutrition and Activity), targets youth and their families with initiatives, campaigns and events that promote healthy eating and active living.

“nrg” stands for “energy.”

The coalition emphasizes nrgBalance's five recommended daily guidelines for healthy living: one or more hours of physical activity; two or less hours of screen time; three meals a day; four or more cups of water or low-/no-calorie beverages; and five fruits and vegetables.



These guidelines are based on a supplement published in December 2007 by Pediatrics.

According to the Lancaster County Health Profile 2007, 62 percent of Lancaster County residents are overweight (Pennsylvania Department of Health, Bureau of Health Statistics and Research).

Lighten Up Lancaster County is a coalition established in 2007

to address the growing problem of obesity in the county through education, advocacy and support of health, exercise and nutrition programs.

The goal of the group is to increase the number of adults and children who are at a healthy weight.

Go to www.lancastergeneral.org/content/Lighten_Up_Lancaster.htm.