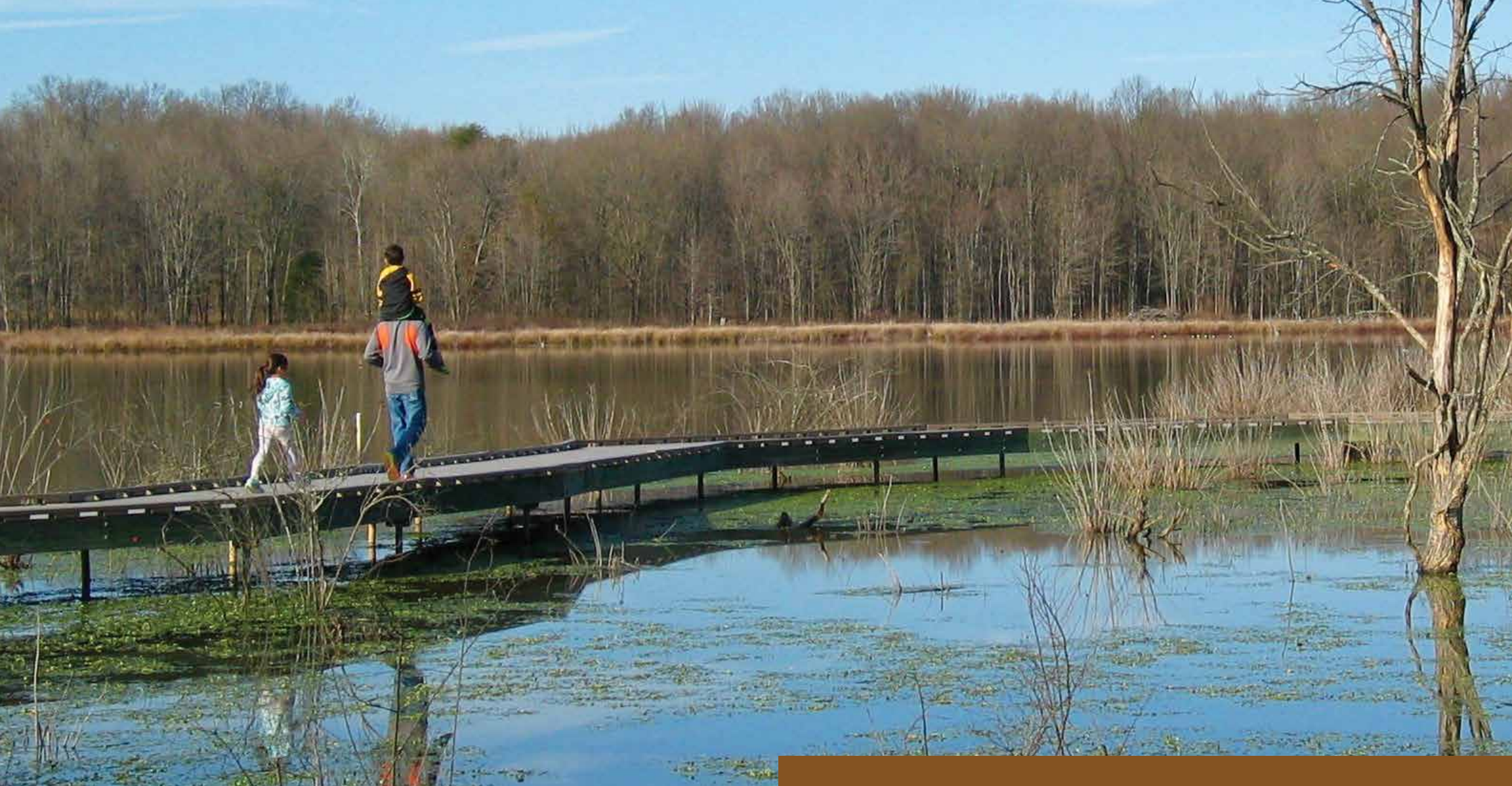




2018 Calendar





Making Healthy Strides in January

TRIVIA QUESTION:

When hiking in cold weather, you should layer your clothing with different types of fabrics to stay dry and warm. Which type of fabric should be avoided?

- A. Nylon
- B. Wool or fleece
- C. Water-wicking synthetics
- D. Cotton



Visit our website to submit your answer and enter the prize drawing!

GET SOCIAL!

Participate in FIRST HIKE FAIRFAX! Visit the FCPA website at fairfaxcounty.gov/parks for a list of hikes for all abilities and take part in the fun on January 1st! Use #FirstHikeFairfax and #HealthyStrides to tag us!

Take a Hike

STEP

1

Fresh air and physical challenge are a great way to start your year off strong.

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28	29	30	31	January is...  Thyroid Awareness Month  Glaucoma Awareness Month  National Blood Donor Month	 FREE WELLNESS WORKSHOP at Lee District RECenter in January! For details, visit our website.	February 2018 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28										
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Groundhog Day Event at Frying Pan Farm Park																																																							

This Healthy Step brought to you by:



For trivia, tips, event schedule, and more visit
fairfaxcounty.gov/parks/healthy-strides

January



Making *Healthy Strides* in *February*

TRIVIA QUESTION:

Feel your heart beat... what part of your heart makes the "thump-thump" sound?

- A. The blood moving in and out
- B. The four heart valves closing
- C. 2 valves closing, 2 valves opening
- D. A little guy playing drums in your chest



Visit our website to submit your answer and enter the prize drawing!

GET SOCIAL!

What makes your heart pound?
...Exercise! Share a pic of you being active (hopefully in one of our parks or RECenters) and use #HealthyStrides to tag us!

Have a Healthy Heart

STEP

2

Get in touch with your inner beat – strive to take care of your heart in physical and emotional ways.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
February is... 🎗️ American Heart Month 🎗️ National Children's Dental Health Month 🎗️ National Cancer Prevention Month		January 2018 <table> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				March 2018 <table> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3
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World Cancer Day		Parktakes Early Registration		Camp Registration begins	City of Fairfax Chocolate Lovers Festival begins	Go Red for Women - National Wear Red Day																																																																																				
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		National Eating Disorders Awareness Week	Rare Disease Day																																																																																							

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February



Making Healthy Strides in March

TRIVIA QUESTION:

Across the entire food production and consumption chain, up to what percentage of all food in the United States never gets eaten?

- A. 10% C. 30%
- B. 20% D. 40%



Visit our website to submit your answer and enter the prize drawing!

GET SOCIAL!

What's your favorite healthy snack? Share a pic and the recipe using #HealthyStrides to tag us!

Go Further with Food

STEP

3

It's National Nutrition Month! Prepare your foods to go further by planning meals and snacks in advance. Being ready for the day will keep you on a healthy track, as well as reduce food loss and waste.

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March is... 🧡 National Nutrition Month 🧡 American Red Cross Month 🧡 Brain Injury Awareness Month		February 2018 <table> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				April 2018 <table> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						1 World Book Day	2 National Sleep Awareness Week	3 Spring aqua classes begin Icebreaker Event at Greendale Golf Course
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4	5 National School Breakfast Week	6	7	8	9	10 FCPA Camp Fair 11 a.m. – 2 p.m. at Audrey Moore RECenter																																																																																				
11 Daylight Savings Time Begins	12	13	14 Registered Dietitian Nutritionist Day	15	16  Healthy Strides Health Fair 12 – 4 p.m. at Oak Marr RECenter Freedom of Information Day	17 St. Patrick's Day																																																																																				
18	19 National Youth Violence Prevention Week Kick Butts Day (Tobacco-Free Kids)	20 National Poison Prevention Week	21  1 month to go until the Healthy Strides 5k/10k! Get registered now!	22 World Water Day	23	24  Healthy Strides Wellness Book Club Tysons-Pimmit Library 11 - 12:00 p.m. Easter Egg-stravaganza at Frying Pan Farm Park																																																																																				
25	26 Spring Break Camps begin at RECenters FCPS Spring Break begins	27 American Diabetes Alert Day	28 Bob Brown Puppets at Frying Pan Farm Park	29	30	31 2-Person Best Ball Event at Jefferson Golf Course Vacation Commitment Day																																																																																				

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March



Making Healthy Strides in April

TRIVIA QUESTION:

You use a reusable cup or bottle to drink the recommended 64 oz. (1/2 gallon) of water per day. You drink filtered tap water – the filter can make up to 80 gallons of clean water.

How many days of clean drinking water will you get before you need a new filter?

GET SOCIAL!

Visit a Fairfax County park and show us your reusable water bottle in action! Use #ComePlayWithFCPA to tag us!



Visit our website to submit your answer and enter the prize drawing!

Healthy People, Healthy Earth

STEP

4

Maintaining a healthy environment is central to increasing quality of life and years of healthy life.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																						
1 Easter	2 National Public Health Week National Day of Hope	3	4	5	6	7 Fore! Singles Tournament at Oak Marr Golf Course Kite Day at Frying Pan Farm Park Spring fitness classes begin at RECenters World Health Day																																																																																						
8 Healthy Strides Wellness Book Club City of Fairfax Library 2 - 3:00 p.m. National Library Week Choose Privacy Week	9	10	11 World Parkinson's Day	12	13	14 Culmore Multicultural Day International Moment of Laughter Day																																																																																						
15 National Volunteer Week	16 National Bookmobile Day National Stress Awareness Day	17 World Hemophilia Day	18	19 Summer Parktakes is Out!	20 Global Youth Service Day	21  Healthy Strides Community 5k/10k SpringFest Fairfax National Infant Immunization Week																																																																																						
22 Earth Day	23	24	25 MS Awareness Week	26	27	28 World Day for Safety and Health at Work																																																																																						
29 International Dance Day	30	April is... 🎗️ National Alcohol Awareness Month 🎗️ Stress Awareness Month 🎗️ Distracted Driver Awareness Month		 at Spring Hill RECenter in April! For details, visit our website.	March 2018 <table><tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr></table>		S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	May 2018 <table><tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr><tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr></table>		S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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April



Making *Healthy Strides* in *May*

TRIVIA QUESTION:

How many miles of bikeable trails (shared use) are located within Fairfax County?

- A. 50 miles B. 200 miles
- C. 350 miles D. 500 miles



Visit our website to submit your answer and enter the prize drawing!

GET SOCIAL!

Show us where you are biking in Fairfax County and share your location all month long. Use #HealthyStrides and #BikeMonthFairfax to tag us!

Bike Everywhere

STEP

5

Join the pedal-powered movement and kick it into high gear this month! Ride a bike or walk anytime you can, for a healthier body and community.

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April 2018 <table> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						June 2018 <table> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1 Early registration for summer classes begins Be Kind to Animals Week World Asthma Day	2	3	4	5
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6 WBOA Triathlon at Cub Run RECenter National Nurses Week WBOA Triathlon	7 Seniors Only Event at Greendale Golf Course Melanoma Monday	8 World Red Cross and Red Crescent Day	9 National School Nurse Day	10 World Lupus Day	11 Early registration incentive for Camps/Summer classes	12 Spring Farm Day at Frying Pan Farm Park																																																																																				
13 Mother's Day National Women's Health Week	14	15 International Day of Families	16	17	18 National Bike to Work Day	19  Healthy Strides Wellness Book Club Centreville Library 3 - 4:30 p.m. Armed Forces Day																																																																																				
20	21	22	23	24	25	26																																																																																				
27	28 Memorial Day wear blue Memorial Run at South Run RECenter	29	30	31 Herndon Festival begins World No Tobacco Day	May is...  Clean Air Month  National Mental Health Month  ALS Awareness Month	 at Cub Run RECenter in May! For details, visit our website.																																																																																				

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May



Making Healthy Strides in June

TRIVIA QUESTION:

Which trail is over 40 miles long, and stretches from one end of Fairfax County to the other?

- A) The Washington & Old Dominion (W&OD) Trail
- B) The Gerry Connolly Cross County Trail
- C) The Potomac Heritage National Scenic Trail
- D) The Fairfax County Parkway Trail



Visit our website to submit your answer and enter the prize drawing!

GET SOCIAL!

Get out and explore!
Where are your favorite hikes? Tell us why and share a picture with #HealthyStrides!

Happy Trails

STEP

6

Hitting the trail - by yourself, with your family or with friends - is a great way to get exercise and enjoy the scenery in your community.

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<i>June is...</i> 🧑‍🚒 National Safety Month 🌲 National Great Outdoors Month 🧑‍🦱 Men's Health Month		May 2018 <table> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			July 2018 <table> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						1	2
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3 National Cancer Survivors Day	4	5  Healthy Strides Health Fair 4 - 8 p.m. at Audrey Moore RECenter World Environment Day	6	7  Healthy Strides Wellness Book Club Martha Washington Library 7 - 8:30 p.m.	8 Celebrate Fairfax Begins	9																																																																																				
10	11 National Men's Health Week	12 Women Only Event at Greendale Golf Course	13	14 World Blood Donor Day	15 FCPS Last Day of School	16 Summer Scramble at Jefferson Golf Course																																																																																				
17 Father's Day Antique Car Show at Sully Historic Site Father's Day Tournament at Oak Marr Golf Course	18 Summer Camps begin	19 World Sickle Cell Day	20 20th Anniversary Event at Oak Marr Golf Course	21	22	23																																																																																				
24	25	26	27 National HIV Testing Day	28	29	30																																																																																				

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June



Making Healthy Strides in July

TRIVIA QUESTION:

What way(s) can you purchase food from locally-sourced farms?

- A. Through CSA's
- B. From Farmers Markets
- C. At U-Pick farms/orchards
- D. All of the above

GET SOCIAL!

Where is your favorite place to get locally-sourced foods? Tell us where and share a pic with #HealthyStrides.

■ Visit our website to submit your answer and enter the prize drawing!

Fresh and Local

STEP
7

Make a weekly excursion to your local Farmers Market to learn about what healthful foods are in season, how to eat them and stock up!

Check out the Snack & Lunchbox Guide at the back of this calendar!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
1 RECenter passes on sale!	2 Rec-PAC begins	3	4 Independence Day Red, White and Blue Scramble at Burke Lake Golf Course	5	6	7 Summer fitness classes begin at RECenters																																																																																				
8	9	10	11	12	13	14 Modified Stableford Event at Jefferson Golf Course																																																																																				
15	16	17	18	19	20 Fall Parktakes is out!	21																																																																																				
22	23	24	25	26	27	28 World Hepatitis Day																																																																																				
29	30	31	<i>July is...</i> 🏳️ UV Safety Month 🏳️ National Parks and Recreation Month 🏳️ Family Golf Month	 at Providence RECenter in July! For details, visit our website.	June 2018 <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	August 2018 <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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Check our website for
 the Wellness Book Club
 schedule this month!

July



Making *Healthy Strides* in August

TRIVIA QUESTION:

According to USDA's MyPlate for kids, half of your plate should contain:

- A. Dairy
- B. Fruits and Vegetables
- C. Whole Grains
- D. Protein

 Visit our website to submit your answer and enter the prize drawing!

GET SOCIAL!

Show us your SCHOOL PRIDE – give a shout out to your local school! Tell us what your school does to promote health in its hallways. Tag us at #HealthyStrides.

School is Cool!

STEP
8

Learning, playing and social connectedness can be beneficial to your mental and physical wellbeing no matter your age.

Check out the Snack & Lunchbox Guide at the back of this calendar!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
August is...  National Immunization Awareness Month  National Breastfeeding Month	 FREE WELLNESS WORKSHOP at Audrey Moore RECenter in August! For details, visit our website.	July 2018 <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					1 World Breastfeeding Week	2 Fairfax County 4-H Fair and Carnival begins at Frying Pan Farm Park	3	4							
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5 Fairfax County 4-H Fair and Carnival ends at Frying Pan Farm Park	6 National Farmers Market Week	7 Don't wait, save \$8! Early registration for Fall classes begins today National Night Out	8	9 Last Day of Rec-PAC!	10 Junior Club Championship at Burke Lake Golf Course	11																																																	
12	13	14 Women & Seniors Club Championship at Greendale Golf Course	15	16	17	18 Men's Club Championships at Greendale and Jefferson Golf Courses																																																	
19	20	21	22	23  Healthy Strides Wellness Book Club Reston Library 7 - 8:30 p.m.	24	25																																																	
26	27	28	29	30	31	September 2018 <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						
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August



Making Healthy Strides in September

TRIVIA QUESTION:

How many drop-in group exercise classes are offered per month at all the Fairfax County RECenters, combined?

- A. 600 B. 250
- C. 890 D. 430

GET SOCIAL!

Who's your workout pal? Share a pic and tell us why you love being fit with a friend. Tag us with #HealthyStrides and #ComePlayatFCPA.

 Visit our website to submit your answer and enter the prize drawing!

Fitness with Friends **STEP 9**

Grab your loved one, your neighbor, or your four-legged companion – exercise is fun when you take a fitness class, go for a walk, or do an activity together.

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September

September



Making Healthy Strides in October

TRIVIA QUESTION:

Fairfax County, Virginia is one of the oldest counties in the United States. In which year was the County formally established?

- A. 1600 C. 1815
- B. 1742 D. 1922

GET SOCIAL!

From fall harvest at Farmers Markets to campfires at E. C. Lawrence Park, autumn is a great time for activities in the parks. Show us what you're up to! Tag us with #HealthyStrides and #ComePlayatFCPA.



Visit our website to submit your answer and enter the prize drawing!

Health & History

STEP

10

Understanding the history of our community enables us to make better, healthier decisions for the future.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
September 2018 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							1 International Day of Older Persons Child Health Day World Habitat Day	2	3	4	5 Shot in the Dark Nite Tournament at Burke Lake Golf Course	6 Four Club Fall Classic at Jefferson Golf Course Fall for Fairfax Kidsfest begins
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7 Fire Prevention Week	8 Columbus Day	9	10 International Walk to School Day World Mental Health Day	11	12 Farm Harvest Days begin at Frying Pan Farm Park	13  Healthy Strides Wellness Book Club City of Fairfax Library 10:30 a.m. - 12:30 p.m.																																																	
14 Farm Harvest Days ends at Frying Pan Farm Park	15 National School Lunch Week	16 World Food Day	17 International Day for the Eradication of Poverty	18	19	20 World Osteoporosis Day																																																	
21	22 Fitness Nature Walk at Cub Run RECenter	23	24	25	26	27 Make a Difference Day																																																	
28	29	30 Halloween	31 October is...  Eat Better, Eat Together Month  National Breast Cancer Awareness Month	 at Oak Marr RECenter in October! For details, visit our website.		November 2018 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								
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October



Making Healthy Strides in November

TRIVIA QUESTION:

What percentage of adults believe parks, trails, and open space are an essential part of the healthcare system?

- A. 73% C. 50%
- B. 65% D. 35%

GET SOCIAL!

What's your favorite recreation activity? Tell us what it is and why you love it... and share a picture with #HealthyStrides and #ComePlayWithFCPA.



Visit our website to submit your answer and enter the prize drawing!

Recreation for Health

STEP

11

Practice yoga, go for a swim, go fishing, or simply take a walk – find an activity or place that restores your mind and body through parks and recreation.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
<i>November is...</i> 🧡 American Diabetes Month 🧡 National Family Caregivers Month 🧡 National COPD Awareness Month	 at South Run RECenter in November! For details, visit our website.	October 2018 <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					1	2	3							
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4 Fall back, Daylight Saving Ends	5  Healthy Strides Wellness Book Club Lorton Library 7 - 8:30 p.m.	6	7	8	9	10																																																	
11 Veterans Day	12 Veterans Day (observed) World Pneumonia Day	13 World Kindness Day	14 World Diabetes Day	15 America Recycles Day Great American Smokeout	16	17																																																	
18	19	20 Toys for Tots and ECHO collection begins at South Run RECenter Universal Children's Day	21 MADD's Tie One On for Safety begins	22 Thanksgiving Day Turkey Scramble Event at Burke Lake Golf Course National Family Health History Day	23 Thanksgiving Turkey Burn at South Run RECenter Random Acts of Kindness Friday	24 Thanksgiving Turkey Burn at South Run RECenter																																																	
25	26	27	28	29	30	December 2018 <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
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November



Making Healthy Strides in December

TRIVIA QUESTION:

How many Park Authority sites offer volunteering opportunities?

- A. 55 C. 162
B. 12 D. 42

GET SOCIAL!

Calling all volunteers! Tell us why you love volunteering in the parks! Share a photo and tag us with #HealthyStrides and #ComePlayatFCPA.



Visit our website to submit your answer and enter the prize drawing!

Be a Community Caregiver

STEP

12

Take care of your community with kindness! Either through volunteering or a random act, being kind is easy, feel-good way to make a difference.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<div>December is...</div> <div><div><div></div></div>International AIDS Awareness Month</div> <div><div><div></div></div>Safe Toys and Gifts Month</div> <div><div><div></div></div>National Drunk and Drugged Driving (3D) Prevention Month</div>		<div><div><div></div></div><div><div><div></div></div></div><div><div><div></div></div>Pickup your 2019 Healthy Strides Calendar today or download your copy from our website!</div></div>	<div>November 2018</div> <table><tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr></table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		<div>January 2019</div> <table><tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr><tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr></table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<div>1</div> <div><div>Holiday Arts & Crafts Show at Audrey Moore RECenter</div><div>World AIDS Day</div></div>
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<div>9</div>	<div>10</div> <div>Human Rights Day</div>	<div>11</div>	<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div>																																																																																				
<div><div><div>HEALTHY STRIDES</div><div>12 STEPS</div><div>to a healthier you</div></div></div> <div>16</div> <div>Healthy Strides Health Fair 2 - 6 p.m. at Spring Hill RECenter</div> <div>Holiday Ice Show at Mt. Vernon RECenter</div>	<div>17</div>	<div>18</div>	<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div>																																																																																				
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This Healthy Step brought to you by:



For trivia, tips, event schedule, and more visit
fairfaxcounty.gov/parks/healthy-strides

December

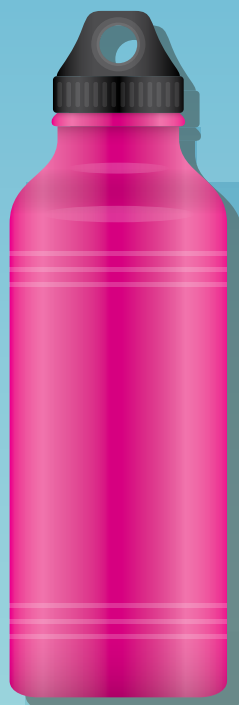


A Guide to Building Healthy Snacks and Lunchbox

Download this guide at
www.fairfaxcounty.gov/parks/healthy-strides

Water

Bring water every day! Putting tap water in a reusable bottle is FREE and will help keep your child hydrated all day!



Snacks

Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.

Veggies

(Great for snack or lunch!)
Add veggies in your child's lunch. They add a healthy crunch instead of chips.

Fruit

(Great for snack or lunch!)
Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day.



Whole Grains

(Great for snack or lunch!)
Make sandwiches with whole grain bread. Look for labels that say "100% Whole Grain."



Building healthy snacks and your lunchbox just got easier!

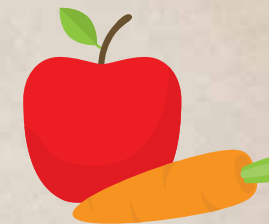
To help you pack snacks and lunches for you and your family, use the following guidelines. Following these simple suggestions can help you to get the nutrition and energy you need throughout the day.

- **Sandwiches** (*Great for snack or lunch!*) The main entrée is a way to get healthy whole grains and low-fat protein into your lunch. If you're packing a sandwich, go for 100% whole grain breads and tortillas. There's nothing easier (or tastier) than a peanut butter and jelly sandwich on whole wheat bread. Or, mix it up by making a roll-up sandwich. Spread refried beans and salsa on a whole wheat tortilla and roll it up. Slice into several small rolls for delicious bean pinwheels.
- **Snacks** Kids have small tummies and often like to graze throughout the day. Make every bit count by packing nutritious snacks. Swap out chips for a healthier snack with the same crunch, like whole grain pretzels or crackers (like Triscuits), or a packet of unsalted nuts. Satisfy a sweet tooth with dried fruits, such as raisins or apricots. Make snack time a time to work in healthy fruits and vegetables too!
- **Vegetables** (*Great for snack or lunch!*) Veggies are a healthy and crunchy treat at lunch. Celery sticks, baby carrots, cucumber slices or pepper slices are easy to pack and taste great. If you're a "veggie-avoider," try adding a tasty dip, like hummus, to encourage you to eat your veggies. Peanut butter, salsa or low-fat ranch dressing in a sealable container are all good flavorful dip options that will make your veggies disappear!
- **Fruit** (*Great for snack or lunch!*) Forget the cookies and snack cakes... fruit is the perfect dessert and provides essential vitamins and minerals that help keep you well. Whole fruit, like apples, peaches, plums, grapes, and bananas are easy to pack in a lunch. Pre-cut apples, pears or oranges are good options too.
- **Water** Soda and most fruit drinks are high in sugar and one of the main sources of consumed empty calories, not providing any nutritional value. These types of drinks do not hydrate as well as water. No need to buy bottles water to pack in your lunch though, just grab a reusable bottle and add tap water! And here's a neat trick: Use the water bottle as an ice pack for your lunchbox by filling the bottle $\frac{3}{4}$ full and sticking in the freezer overnight. By lunchtime, you'll have ice cold water to drink, and your lunchbox foods will stay cool and crisp.

Source: Adapted from Policy to Practice in Youth Program, the YMCA of Columbia. Courtesy of the Commit to Health program of the National Recreation and Parks Association.

Grocery List Ideas

- ✓ "100% Whole Grain" bread and tortillas
- ✓ Apples
- ✓ Baby Carrots
- ✓ Bananas
- ✓ Celery sticks
- ✓ Dried fruit (no sugar added) – apricots, raisins, apples
- ✓ Grapes
- ✓ Green and red bell peppers
- ✓ Jelly
- ✓ Low-sodium, low-fat deli meat and cheese
- ✓ Oranges
- ✓ Peaches
- ✓ Peanut butter
- ✓ Refried beans
- ✓ Reusable lunch containers
- ✓ Reusable water bottle
- ✓ Salsa
- ✓ Sliced cucumbers
- ✓ Strawberries
- ✓ String Cheese
- ✓ Whole grain pretzels or crackers
- ✓ Whole grain tortilla chips
- ✓ Your favorite dips – low-fat ranch, guacamole, salsa, hummus





12 Steps for a Healthier Year

Check out Healthy Strides online!

- ✓ Free Workshops & Health Fairs
- ✓ Wellness Book Club
- ✓ Trivia challenge with prizes and monthly E-newsletter
- ✓ Healthy Strides Community 5k/10k
- ✓ Healthy Snacks and Lunchbox guide
- ✓ Tips, recipes and resources!

fairfaxcounty.gov/parks/healthy-strides



Fairfax County Park Authority
RECenters

View Parktakes online and register for classes at
www.fairfaxcounty.gov/parktakes, or call 703-222-4664.

For more information on parks and RECenters,
visit www.fairfaxcounty.gov/parks



For accommodations, contact Inclusion
and ADA Support at 703-324-8563.
www.fairfaxcounty.gov/parks/ada.htm



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