12 Steps for a Healthier Year

- 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

Check out Healthy Strides online!

THANK YOU to our Sponsors!

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  C. Water-wicking
B. Wool or synthetics  D. Cotton

GET SOCIAL!
Participate in FIRST HIKE FAIRFAX! Visit the FCPS 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!

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

Take a Hike

Fresh air and physical challenge are a great way to start your year off strong.
STEP 1: Making Healthy Strides in January

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

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 synthetics  
C. Water-wicking fleece  
D. Cotton

GET SOCIAL!
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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!

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

**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!

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

---

**Have a Healthy Heart**

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

- American Heart Month
- National Children’s Dental Health Month
- National Cancer Prevention Month

#### January 2018

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- **February 1**: World Cancer Day
- **February 5**: Random Acts of Kindness Week begins
- **February 19**: Healthy Strides Wellness Book Club at Patrick Henry Library, 7 - 8:30 p.m.
- **February 20**: National Eating Disorders Awareness Week
- **February 25**: President's Day
- **February 28**: Rare Disease Day

#### March 2018

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#### February is...  
- **January 2018**: American Heart Month  
- **February 2018**: National Children’s Dental Health Month  
- **February 2018**: National Cancer Prevention Month

#### Party Time!
- **February 4**: Go Red for Women - National Wear Red Day
- **February 4**: City of Fairfax Chocolate Lovers Festival begins
- **February 7**: Valentine's Day
- **February 7**: National Donor Day
- **February 14**: Valentine's Day
- **February 15**: World Thinking Day
- **February 21**: World Thinking Day
- **February 22**: World Thinking Day
- **February 28**: Rare Disease Day

- **February 5**: Parktakes Early Registration
- **February 6**: Camp Registration begins

#### For trivia, tips, event schedule, and more visit:  
fairfaxcounty.gov/parks/healthy-strides
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%  
B. 20%  
C. 30%  
D. 40%

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

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

Go Further with Food

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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**TRIVIA QUESTION:**
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- D. 40%

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### March 2018 Calendar

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**March is...**
- National Nutrition Month
- American Red Cross Month
- Brain Injury Awareness Month

**EVENTS:**
- **March 1:** National School Breakfast Week
- **March 2:** Spring Break Camps begin at RecCenters
- **March 3:** FCPS Spring Break begins
- **March 4:** National School Breakfast Week
- **March 5:** Daylight Savings Time Begins
- **March 6:** National Youth Violence Prevention Week
- **March 7:** American Diabetes Alert Day
- **March 8:** Registered Dietitian Nutritionist Day
- **March 9:** Spring Break Camps begin at RecCenters
- **March 10:** Freedom of Information Day
- **March 11:** National Nutrition Month
- **March 12:** World Water Day
- **March 13:** National Poison Prevention Week
- **March 14:** World Water Day
- **March 15:** Healthy Strides Health Fair
- **March 16:** American Diabetes Alert Day
- **March 17:** World Tuberculosis Day
- **March 18:** Healthy Strides Wellness Book Club
- **March 19:** Bob Brown Puppets at Frying Pan Farm Park
- **March 20:** Bob Brown Puppets at Frying Pan Farm Park
- **March 21:** Healthy Strides Wellness Book Club
- **March 22:** Easter Egg-stravaganza at Frying Pan Farm Park
- **March 23:** Bob Brown Puppets at Frying Pan Farm Park
- **March 24:** Easter Egg-stravaganza at Frying Pan Farm Park
- **March 25:** National School Breakfast Week
- **March 26:** Spring Break Camps begin at RecCenters
- **March 27:** World Tuberculosis Day
- **March 28:** Easter Egg-stravaganza at Frying Pan Farm Park
- **March 29:** Bob Brown Puppets at Frying Pan Farm Park
- **March 30:** World Water Day
- **March 31:** Easter Egg-stravaganza at Frying Pan Farm Park

**For trivia, tips, event schedule, and more visit:**
[fairfaxcounty.gov/parks/healthy-strides](http://fairfaxcounty.gov/parks/healthy-strides)
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

Maintaining a healthy environment is central to increasing quality of life and years of healthy life.
Healthy People, Healthy Earth

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

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

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April is...
- National Alcohol Awareness Month
- Stress Awareness Month
- Distracted Driver Awareness Month

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

This Healthy Step brought to you by:

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

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

---

**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!

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

---

### Bike Everywhere

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.

---

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

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---

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

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

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.
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
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May 2018

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June is...

- National Safety Month
- National Great Outdoors Month
- Men’s Health Month

June is...

- National Trails Day
- National Cancer Survivors Day
- National Men’s Health Week
- Father’s Day

Visit fairfaxcounty.gov/parks/healthy-strides for trivia, tips, event schedule, and more.
**Making Healthy Strides in July**

**TRIVIA QUESTION:**
What ways 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.

---

**Fresh and Local**

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!*
On your own
Start a vegetable or herb garden to help with your fresh produce supply.

As a family
Plan the week’s meals, and cook together as a family. It’s a great way to make healthful foods fun to eat.

Fresh and Local
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!

STEP
7
Making Healthy Strides in March
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

Making Healthy Strides in July
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Check out the Snack & Lunchbox Guide at the back of this calendar!

Sunday Monday Tuesday Wednesday Thursday Friday Saturday
1 2 3 Independence Day Red, White and Blue Scramble at Burke Lake Golf Course
4 5 6 7
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11 12 13 14
15 16 17 Summer Fitness classes begin at Recreation Centers
18 19 20 21
22 23 24 25 26 27 28
29 30 31

July is...
UV Safety Month
National Parks and Recreation Month
Family Golf Month

This Healthy Step brought to you by:

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

Check our website for the Wellness Book Club schedule this month!
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**Fairfax County 4-H Fair and Carnival**

- Begins at Frying Pan Farm Park
- Junior Club Championship at Burke Lake Golf Course
- Ends at Frying Pan Farm Park
- Women & Seniors Club Championship at Greendale Golf Course
- Men’s Club Championships at Greendale and Jefferson Golf Courses

**Healthy Strides Wellness Book Club**

- Reston Library
- 7 - 8:30 p.m.
- Visit our website for details.

**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!**

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!

**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

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

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

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 is...**

- National Childhood Obesity Awareness Month
- National Preparedness Month
- Healthy Aging Month
- National Yoga Month

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**August 2018**

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**September 2018**

1. National Childhood Obesity Awareness Month
2. National Preparedness Month
3. Healthy Aging Month
4. National Yoga Month

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**Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday**
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2 | 3 | 4 | 5 | 6 | 7 | 8

- Labor Day

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9 | 10 | 11 | 12 | 13 | 14 | 15

- National Prevention Week
- National Preparedness Month
- World Suicide Prevention Day
- National Day of Service and Remembrance

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16 | 17 | 18 | 19 | 20 | 21 | 22

- National Wellness Week
- World Suicide Prevention Day
- National School Backpack Awareness Day

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23 | 24 | 25 | 26 | 27 | 28 | 29

- World Heart Day
- Active Aging Week
- National Public Lands Day

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**This Healthy Step brought to you by:**

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**For trivia, tips, event schedule, and more visit**

fairfaxcounty.gov/parks/healthy-strides

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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!

Understanding the history of our community enables us to make better, healthier decisions for the future.
TRIVIA QUESTION:
Fairfax County, Virginia is one of the oldest counties in the United States. In which year was the County formally established?
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Health & History
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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

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.
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November is...
American Diabetes Month
National Family Caregivers Month
National COPD Awareness Month

This Healthy Step brought to you by:

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

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.
TRIVIA QUESTION:
How many Park Authority sites offer volunteering opportunities?
A. 55  C. 162
B. 12  D. 42

GET SOCIAL!
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STEP 12
Making Healthy Strides in December
Visit our website to submit your answer and enter the prize drawing!

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This Healthy Step brought to you by: Fairfax County Park Authority
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.)
Snap out of 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 ¾ 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.

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
- Peach
- 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

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.
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2018 Calendar

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

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

THANK YOU to our Sponsors!

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

A publication of Fairfax County, Va.