



2019

LIFESTYLE CHALLENGE

- ♦ **Create a Wellness Plan**
- ♦ **Exercise Daily**
- ♦ **Empower with Knowledge**
- ♦ **Eat Healthy**
- ♦ **Manage Your Time**
- ♦ **Reduce Stress**
- ♦ **Read**
- ♦ **Monitor Progress**

In partnership with
Accomack County Parks,
Recreation Department and
Eastern Shore Healthy
Communities

MAKE A PLAN. CHALLENGE YOURSELF. BE PERSISTENT. BE PATIENT.



2019 Lifestyle Challenge

Join the Lifestyle Challenge!

Start 2019 by living a life that focuses on your well-being. The library is partnering with the Accomack Parks and Recreation and other local agencies to promote the many aspects of having a healthy, socially active life. The Lifestyle Challenge will involve a variety of activities, from programs to learning about library resources that help you learn healthy living skills. Individuals or groups that sign up for the Challenge will receive a free packet full of information. Participants will learn how living on the Eastern Shore can lend toward a healthy lifestyle with many assets and resources available.

How to Start:

- 1. Read this Packet*
- 2. Complete the Registration form and return it to the Library*

Table of Contents

| | |
|-----------------------|---------|
| • The Challenge | Page 3 |
| • Program Schedule | Page 6 |
| • Online Classes | Page 7 |
| • Walking Trails | Page 8 |
| • Exercise Classes | Page 9 |
| • Healthy Eating | Page 10 |
| • Recommended Reading | Page 11 |
| • Monitor Success | Page 11 |
| • Youth programs | Page 12 |

"The first wealth is health."

- Ralph Waldo Emerson

MAKE A PLAN. CHALLENGE YOURSELF. BE PERSISTENT. BE PATIENT.

The Challenge:

MAKE A PLAN. CHALLENGE YOURSELF. BE PERSISTENT. BE PATIENT.

Create a Wellness Plan



Choices:

- ⇒ Attend Nutrition Consultant Jeremy Hollman's program on developing a healthy lifestyle for your personal needs, January 10, 2019, Accomac library.
- ⇒ Take **Lifetime Wellness 101**, a *free* 7-hour Universal Class online course. See page 7 for details to access these courses.
- ⇒ Talk with your health care provider to develop a plan.

Exercise Daily



Choices:

- ⇒ Walk two of the walking trails listed on page 8.
- ⇒ Join an exercise class. See page 9 for local options.

Empower with Knowledge



Choices:

- ⇒ Attend one of the library's programs. See page 6 and our online calendar at www.espl.org.
- ⇒ Take one of the Universal Class courses listed on page 7.
- ⇒ Take a free CSB Mental Health First Aid class or a CPR class. See page 9 for details.

2019 Lifestyle Challenge

MAKE A PLAN. CHALLENGE YOURSELF. BE PERSISTENT. BE PATIENT.



Eat Healthy

Choices:

- ⇒ Eat one of the healthy choices at one of the restaurants participating in the Healthy Communities' **Healthy Options Restaurants**. See page 10 for details.
- ⇒ Make at least 1 dish per week for 7 weeks that meets the Healthy Communities' **Healthy Options** criteria. See page 10.
- ⇒ Take **Nutrition 101**, a *free* 11-hour Universal Class online course. See page 7 for details to access these courses.



Manage Your Time

Choices:

- ⇒ Read a book on time management. Ask staff for suggestions.
- ⇒ Take **Time Management 101**, a *free* 7-hour Universal Class course. See page 7 for details to access these courses.
- ⇒ Talk with your health care provider about your sleep and exercise needs.



Reduce Stress

Choices

- ⇒ Attend a Lifestyle Challenge program. See page 6 for a schedule.
- ⇒ Take **Stress Management** or **Clutter Control 101**, *free* Universal Class courses. See page 7 for details to access these courses.
- ⇒ Try something new: take a craft or meditation class, join a group, take a staycation, visit a museum. See pages 6, 7 and 9 for ideas.

2019 Lifestyle Challenge

Read



Choices:

- ⇒ Read one of the books from the library's Lifestyle Challenge book display.
- ⇒ Read two issues of Prevention magazine. See page 11 for details on downloading for free from RBDigital.
- ⇒ Listen to one of the downloadable audiobooks. See page 11.

Monitor Progress



Choices:

- ⇒ Download one of the recommended apps. See page 11.
- ⇒ Include a log in your Wellness Plan and update daily.
- ⇒ Review your progress with your health care provider.
- ⇒ Attend the final ESPL program on April 4, 2019 and share your Lifestyle Challenge experience with us.

For me, fitness is not just about hitting the gym; it is also about an inner happiness and an overall well-being.

—Rakul Preet Singh

Play our Lifestyle Challenge

BINGO

and enter to win prizes!

Ask staff for a playing card.

MAKE A PLAN. CHALLENGE YOURSELF. BE PERSISTENT. BE PATIENT.



2019 Lifestyle Challenge

Lifestyle Programs

Location: Accomac library

Time: 3:00 p.m.

All programs are FREE and open to the public. No registration required.

January 10 Jeremy Holman, owner of Lifestyle Nutrition, will have an interactive program about wellness.

January 24 tbd. Call or check our online calendar for topic. www.espl.org

February 7 tbd Call or check our online calendar for topic. www.espl.org

February 21 tbd Call or check our online calendar for topic. www.espl.org

March 7 tbd Call or check our online calendar for topic. www.espl.org

March 21 tbd Call or check our online calendar for topic. www.espl.org

April 4 tbd Call or check our online calendar for topic. www.espl.org

Other options:

Attend a play at **North Street Playhouse**. Visit northstreetplayhouse.org for ticketing information.

- February 1 to 16: "The Spectacularly Lamentable Trial of Miz Martha Washington"
- March 15 to 24: "Dames at Sea"

Other ESVA cultural venues include:

- **Chincoteague Cultural Alliance:** www.chincoteagueca.org
- **Arts Enter Cape Charles:** artsentercapecharles.org
- **ESO Arts Center:** www.esoartscenter.org

MAKE A PLAN. CHALLENGE YOURSELF. BE PERSISTENT. BE PATIENT.

Free Online Courses

Location: Anywhere with Internet access

Time: Anytime

All courses are FREE and open to the public. You do need a library card.

Through the library's website, patrons have access to lifelong learning courses in over 30 subject areas, many of which offer continuing education units (CEUs). More than 500 courses are available, and all are designed and led by professional instructors to build deeper understanding and mastery of subject matter. Universal Class includes videos, assignments, quizzes, tests, and options for social media interaction with other learners. Patrons may take multiple classes and learn at their own pace.



To use Universal Class:

1. Go to www.espl.org
2. Click on "online learning" under **How Do I?**
3. Select **Universal Class**
4. Register using your library card number
5. Click on the "Course Catalog" search button
6. Find the course you want, and register by following the prompts.

*Health and intellect are the two
blessings in life.*

—Menander

Courses mentioned in the Lifestyle Challenge:

- Lifetime Wellness 101
- Nutrition 101
- Time Management 101
- Stress Management
- Clutter Control 101

Try these keywords to search for others:

Fitness, Outdoor Activities, Nutrition, Self-Help

MAKE A PLAN. CHALLENGE YOURSELF. BE PERSISTENT. BE PATIENT.



2019 Lifestyle Challenge

Exercise Daily

Suggested Walking Trails:

Healthy Communities Town Trails

Walk one of the Seven Easy Walks on the Eastern Shore designed by Eastern Shore Health Communities.

To see trail maps: <http://www.eshealthycommunities.org/initiatives/walking-trails>

Towns include: Cape Charles, Eastville, Melfa, Nassawadox, Onancock, Onley – YMCA, Parksley, Wachapreague

Sawmill Park, Accomack County Trail

Walk laps around the ball field in the County's newest park, 24387 Joynes Neck Road, Accomac. It's just .6 miles from the library in Accomac!

Indiantown Park, Northampton County Trail

Walk the nature trail. 7399 Indiantown Road, Eastville

Kiptopeake Park, Virginia State Park Trail

Stop by the library in Accomac, Nassawadox, or Cape Charles to check-out a Nature Backpack, which includes free admission to this bayside park with numerous walking trails.

Make your own trail!

And tell us about it. Try the "Distance" app (free). It maps your running/walking trail and measures the distance. Print out the trail to show us.

MAKE A PLAN. CHALLENGE YOURSELF. BE PERSISTENT. BE PATIENT.

Exercise! (continued)

Eastern Shore Area Agency on Aging offers FREE weekly senior exercise classes on Wednesdays 9:30—10:30 a.m. Call Cassandra Bailey at (757) 442-9652 for more information.

YMCA offers a variety of exercise classes for all ages.

Onley: (757) 787-5601 Chincoteague: (757) 336-6266

Local Classes



Offered by Community Services Board

Adult Mental Health First Aid (AMHFA) is an FREE 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness. All materials, breakfast, and lunch are included. This is a free 8-hour course. For course schedules: <https://escsb.org/events/>

CPR

Take a CPR and First Aid course. Contact your local fire department for training opportunities. A fee may be involved.



Academy for Lifelong Learning

At Eastern Shore Community College. ALL classes are very inexpensive and a great way to meet new people! For a schedule:

<https://es.vccs.edu/academy-for-lifetime-learning/>



Healthy Food Choices

Restaurant food, whether fast food or fine dining, typically has more calories, fat and sodium than foods prepared at home. Eating out has been linked with overweight and obesity, which is why Eastern Shore Healthy Communities has been working with [local restaurants](#) to encourage them to offer healthier meal options for adults and children. In 2012 Eastern Shore Healthy Communities developed criteria that must be met to be awarded the Eastern Shore Healthy Options Restaurant seal. Eligible restaurants must be locally owned, serve local produce and seafood and they must offer at least one adult and one child menu item that meets the following criteria:

- contain no more than 700 calories
- be trans-fat free
- less than 30% of calories from fat
- less than 10% of calories from saturated fat
- no more than 600 mg of sodium
- at least 5 to 7 grams of dietary fiber with lean protein
- ½ to 1 cup non-starchy vegetable and/or fruit
- have available fat-free salad dressing
- have available skim or 1% milk



For a list of restaurants that provide Healthy Option items on their menus, visit:
<http://www.eshealthycommunities.org/initiatives/healthy-options-restaurants/>

*You learn good health and family are
it, and nothing else matters.*
— Mike Adametz

Eat Smart, Move More!

Virginia Tech's Cooperative Extension Family Nutrition Program has free recipes. Try one!

ext.vt.edu/food-health/family-nutrition-program/recipes.html

Contact your local Cooperative Extension office for more information:

Accomack: (757) 787-1361

Northampton: (757) 678-7946



MAKE A PLAN. CHALLENGE YOURSELF. BE PERSISTENT. BE PATIENT.

Read Your Way to Well-Being

- Visit the Accomac and Nassawadox libraries to find a special display of books for the Lifestyle Challenge.
- Try listening to our downloadable books available on the RBDigital app.
- Listen to an audiobook while you exercise! The library has both downloadable audiobooks and CD-Rom audiobooks.
- Expand your reading interests by finding books with our “Read-a-likes” colored bookmarks. Ask library staff for them.



NoveList, a free online library database, helps you find recommended books to read. To use NoveList, go to www.espl.org and click on the Reading Resources tab under “How do I.” Select NoveList from the list of resources.

Monitor Success!

Technology Helps! Here are just a few apps to help you keep track of your challenge progress:

- Sweatcoins - Pays you to walk
- Water reminder - Reminds you to drink water (amount depends on weight and height)
- Chefling everyday - Step by step on how to cook healthy food, help keeping track of what you have in you pantry
- Distance - Maps your running/walking trail and measures the distance.

True life is lived when tiny changes occur.

— Leo Tolstoy

Library staff are glad to help you learn technology. Don't hesitate to ask for help or schedule an appointment with Wells Gregoire, Adult Service Specialist.

MAKE A PLAN. CHALLENGE YOURSELF. BE PERSISTENT. BE PATIENT.



2019 Lifestyle Challenge

Youth Programs

- Children's programs will be offered at 10:30 a.m. on the following Saturdays:

January 26, February 23, and March 23

- Join storytimes Tuesdays at 10:30 a.m. at the Accomac library. Nassawadox library has pop-up events.
- Play the Book Bingo Challenge!

Visit www.espl.org for details or contact Janice Felker, Youth Services Librarian

Call (757) 414-0010 or Email youthservices@espl.org

Notes:

For more information and schedules: call ESPL at **(757) 787-3400**

or visit www.espl.org

Hours of operation at Accomac and Nassawadox libraries:

Monday, Wednesday, Friday: 9 am – 6 pm

Tuesday, Thursday: 9 am – 8 pm

Saturday: 9 am – 1 pm

MAKE A PLAN. CHALLENGE YOURSELF. BE PERSISTENT. BE PATIENT.