

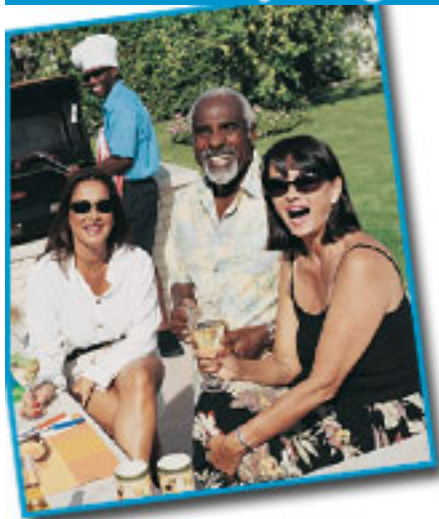
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# GO

Your healthy living newsletter

July 2008 - The Community Issue



## For Your Health: Get Active, Get Involved

Improve your health and your community at the same time!

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## Nutrition 101: Support your Local Farmer

Nutritionist Jyni counts down her top 5 reasons to eat locally.

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## Fitness 101: Be a Groupie!

Molly's #1 exercise tip to help you stick with it, see better results and have more fun!

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## Wellness Notes: Sprawling Waistlines

Where you live may be taking years off your life.

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## [Whip It Up](#)

Bev's Chocolate Chip Cookies



## [Real-Life Success Stories](#)

'How I bring joy to group exercise!'



## [The Lighter Side](#)

Support Groups



## [Happenings](#)

Run, walk or volunteer in your community

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