

Living where we do we have plenty of opportunity to get out and walk, go to the gym or create other healthy habits. The neighborhood is great for walking and we have great healthy options within the Centralia/Chehalis area for other activities.

The latest issue of Providence Hospital's "Community Health Care News" says these healthy habits lead to a healthy heart and include: exercise (do something daily), cook and eat smart, give up bad habits like smoking and excessive drinking, reduce stress and get regular health screenings. All of these are sometimes easier to say than do but it all starts with the "first step", so to speak.

Want to get inspired? Attend Monday's Health and Fitness Fair at Thorbeckes Fitlife Center in Chehalis. Monday, 4 p.m. to 7 p.m. Lots of raffles, door prizes, give-aways and demonstrations. Located at 91 SW Chehalis, this is a great first step to new habits.



Quote of the Week:

With the new day comes new strength and new thoughts. – Eleanor Roosevelt

Happenings this week:

Movie night this next Thursday here in The Gathering Place. This month is the new movie "The Hundred Foot Journey" starring Helen Mirren. The ice cream is served at 5:45 p.m. and the movie starts promptly at 6 p.m. Don't miss out on Sherri's movie trivia and a great movie.



Have a great week ahead!

Good Health = Healthy Habits | 2