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Live Well Lakewood

Rise To The Challenge!

by Paula Reed

Mayor FitzGerald has a lofty goal for Lakewood—to become the healthiest city in Ohio. The Live Well Lakewood Wellness Challenge is a big step (literally!) in that direction.

Live Well Lakewood is a volunteer organization whose mission is to promote healthy, active living in Lakewood. With the support of the city, Live Well Lakewood is offering a program to help Lakewood get healthier. This free program is made possible through the sponsorship of Discount Drug Mart, Lakewood City Schools, Lakewood Hospital, Lakewood Recreation Department and Medical Mutual of Ohio.

What is the Wellness Challenge?

• Teams of four encourage each other to practice healthy eating, to get moving, and to explore Lakewood on foot or bicycle. Sign up with three friends or make new friends by joining a team.

• During weekly sessions, participants get:

Tips on healthy eating from the OSU Extension service

A sampler of wellness programs from a variety of Lakewood providers

Free T-shirt and other goodies

Fun and camaraderie!

• The first session is a free wellness evaluation which includes:

Blood pressure reading
Glucose and cholesterol screening
Strength and flexibility measurement

Height, weight, BMI and waist/hip ratio

• The last session is a re-evaluation so participants will be able to assess their progress on the path to maximum wellness.

Those who complete the challenge will be recognized at the Lakewood Alive & Well Street Walk on July 18th. Prizes will be awarded to the male, female, and team who make the most progress toward better health.

Who is eligible?

Anyone 12 and up who lives or works in Lakewood.

Where is it held?

City Hall Auditorium, 12650 Detroit Avenue

When is it?

May 6 through July 8. On Wednesdays May 6 & 13; on Tuesdays May 19 & 26; and on Wednesdays through June & July. All sessions take place 6:30 - 8:00 p.m.

How much does it cost?

Zero—it's absolutely free!

How do I sign up?

In Person:

April 25th -Lakewood Home Improvement Expo at Harding Middle School and May 3rd -Ambulance Chase

Lakewood Park

* By Phone:

Call 216-529-7695 and leave a message indicating what time between 5 p.m. and 7:30 p.m. on May 6th you'd like your evaluation appointment to begin.

* By Email:

Info@LiveWellLakewood.org.

Please indicate what time between 5 p.m. and 7:30 p.m. on May 6th you'd like your evaluation appointment to begin.

Build a better body—and mind—and have fun doing it! Teams Unite May 6, 2009. Be There!