

Hearts Beat Back: The Heart of New Ulm Project is a collaborative partnership of the community of New Ulm, Allina Health / New Ulm Medical Center, and the Minneapolis Heart Institute Foundation. Since 2009, the entire community has been working together to reduce heart attacks and support a culture of wellness in New Ulm. We want to make health the easy choice where we live, learn, work and play.

7 Ways to Great Heart Health: For Yourself and Your Community!



1 Be a local champion and advocate for change, at work and in the community


- Encourage your employer to adopt a healthful foods policy. If food is brought into the facility, can a portion of it be a healthful option?
- Provide low- or no-sugar options for beverages during meetings at work or for a group you're involved with.
- Implement walking meetings at your facility.
- Create a walking path around your facility to encourage walking during breaks.
- Start a walking group in your neighborhood or with family and friends.
- Lead a walking school bus for kids to walk or bike to school safely.
- Lead co-workers on a ride to work.
- Offer healthful options at sporting or event concessions.

2 Connect with The Heart of New Ulm

- Discover heart health tips, recipes, the most up-to-date heart health research and more. Plus, connect with others for support and encouragement in reaching your goals and stay updated on the latest happenings with The Heart of New Ulm Project.

Visit us at www.heartsbeatback.org (Choose "For Communities" and then "Heart of New Ulm")

 Facebook.com/HeartOfNewUlm

 Twitter: @heartofnewulm

3 Get out and get active!

- Check out the great outdoor fitness equipment at Harmann Park.
- Get up from your desk or work station and move your body for three minutes every hour! Try a walking meeting where possible or take a walk on your work break.
- Check out some of the fitness centers, classes and nearby state parks to support your physical activity.
- Participate in one of many walk/run events in the area.
- Enjoy New Ulm's Bike Circle Route by bike or on foot.
- Join a recreational sports team.
- Walk or ride your bike to work or to run errands, or drive halfway and then walk the rest.
- Walk your children to school.



4 Check out the eating establishments in New Ulm that are making it easier for people to eat well when dining out

- Many of New Ulm's fantastic restaurants have partnered with The Heart of New Ulm Project in support of its mission to help people improve their heart health. They're serving the same great-tasting food with fewer calories, more vegetables and fruits, more whole grains, and using healthier fats when cooking.

To learn more, click on the QR code at right or visit

www.heartsbeatback.org/NewUlmEats



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5 Enjoy delicious, local, fresh fruits and veggies

- Join a CSA (Community Supported Agriculture) program. For CSAs in the New Ulm area, visit www.localharvest.org and type in your zip code or town in the search bar at the top.
- Rent a community garden plot at the New Ulm Community Garden — visit www.puttinggreen.org.
- Visit the seasonal KNUJ Farmers Market in New Ulm and watch for news on New Ulm's Community Market and Co-op.



- **Bike Group:** The New Ulm Bike Group is an advocacy team working to improve safety for people who bicycle by improving safety on the streets, developing designated bike routes (such as New Ulm's Bike Circle Route), offering bike rodeos and bicycle safety classes, and promoting bicycling through various activities.
- **Coalition for Active, Safe and Healthy Streets (CASHS):** This advocacy group is working to implement a Complete Streets policy in New Ulm to improve safety for all users of the streets in New Ulm. The group oversees the work of the Downtown Action Team, the Safe Routes to School Team and the Bike Group.



To get involved on an action team or for more information: Contact The Heart of New Ulm office at 507-217-5945 or email Cindy.Winters@allina.com.

6 Volunteer for a Heart of New Ulm Action Team

Every year, the Heart of New Ulm Leadership Team creates action teams, which meet for a short period of time to work on a specific project that supports a healthful environment or program that supports healthful choices. Our current action teams include:

- **Downtown Action team:** This team is working with downtown merchants and the City of New Ulm to implement changes in the downtown area that promote social connections and improve safety for all users. Examples might include allowing parklets, reducing the speed limit on Minnesota Street in the downtown area, investigating the possibility of restoring two-way traffic to the downtown section of Minnesota Street, and other aesthetic or safety changes.
- **Safe Routes to School Team:** This team is working to increase the number of children who walk and bike to school by making the school zone and surrounding areas safer for walkers and bikers. The team is also working on implementing the "Walk! Bike! Fun!" curriculum through various partners to help children learn the skills needed to walk and bicycle safely. The team is also working to develop programs to help encourage walking and biking, walking school buses, and safety campaigns.



7 Take care of your health — you are the only one who can

- By making small changes over time, you'll help to ensure lasting change and better health!

