

1



Greetings from Health Harrison's President, Brock Malcolm

Greetings! And welcome to the first issue of Healthy Harrison's newest project – Change Your State: The Healthy Harrison Newsletter- a weekly newsletter that will help you join with the rest of our community in taking control of our health. Each week, our goal will be to inspire you to take small steps toward making big changes in your life. These changes will include suggestions to help you lose weight, get more active, deal with stress, and become more connected.

In these pages, you will not find all of the answers to getting healthy. After all, there is no magic pill that works for everyone. Your journey to better health is unique to you, and so are your struggles, but we want you to know that you are not alone! Throughout Harrison County, thousands of people are taking the first steps on this journey with you. In these pages, we will try to bring you some of the tips and inspirations that have worked for others. Mostly, we want you to feel part of this growing community. Welcome aboard! We are glad you are here.

-Brock

2

A Message From Healthy Harrison's Vice President, Amy Haberbosch Wilson

Hopefully, you followed us through the Health Games. What an exciting event that was, with all five of our local communities (Bridgeport, Downtown Clarksburg, North View, Nutter Fort and Shinnston) coming up with incredible ideas for improving our collective health and wellbeing. Well, while the contest may be over, the games have really just begun, and there will be lots of opportunities for you to get involved and get healthier.

For example, we hope to notify you of walking and running groups that you might want to join, and we are even willing to assist you in getting new groups started. What a great way to meet new people, establish new friendships, and create accountability to one another as we move along our individual health and fitness journeys. Keep watching Health Connections for more information.

Lastly, you can now download the Healthy Bridgeport app for your iPhone or Android device. The app is available to anyone within Harrison County (for free)! On the app, you will get lots of helpful tips to improve the way you "Mind, Move, and Eat." It will help you set, monitor, and maintain your daily goals, and it will help you track your overall progress on your journey. For more information on the app, check out the Healthy Bridgeport page on Facebook. We hope you enjoyed this first edition of Change Your State! There is a lot more great content to come, so please subscribe and share. See you next week!



3



On this week's Podcast, we will visit with Zach and Rachel Dyer. Zach and Rachel are Registered Yoga Teachers who have been formally trained by some of the best yoga instructors in the world. Join us this Friday at 12:30 pm on Facebook Live to hear more about healthy lifestyle habits and how they can help us to experience greater happiness.

Change Your State: The Healthy Harrison Podcast with Gary Bowden & Amy Haberbosch Wilson
[Fridays at 12:30 Click Here To Streaming Live](#)