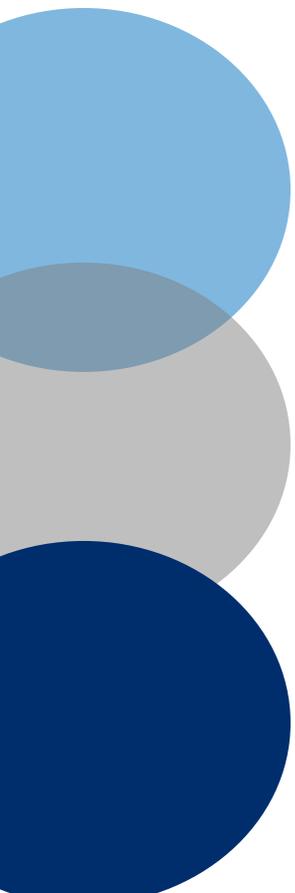


FIND YOUR FIT

Take Action Guide

Individual Pledge

OBESITY, NUTRITION & PHYSICAL ACTIVITY



Copy of Find Your Fit Individual Pledge	2
Healthy Tri-County Overview	2
Beginner Level Action Items Checklist	3
Intermediate Level Action Items Checklist	4
Expert Level Action Items Checklist	5
Appendix	6
Acknowledgements	8
Additional Support, Contact Information	8

Individual Pledge

By downloading this Take Action Guide, you've decided that something needs to change in the healthcare conversation in our community. Find Your Fit as part of Healthy Tri-County is designed to give you the tools and resources you need to be an agent of change. You're encouraged to take the pledge at <https://www.healthetricounty.com/take-pledge> to demonstrate your commitment.

Thank you for your part in improving health and well-being in the Tri-County.

I pledge to participate in improving the health and well-being of myself, my family, and my community by taking action and by taking care.

I pledge to educate myself and others, using safe and reputable resources, on any health topics prior to making lifestyle changes or long-term healthcare decisions.

I pledge to familiarize myself with local resources and services available in my community.

I pledge to hold myself accountable for my own healthcare outcomes.

Healthy Tri-County

Mission: Improve the health and well-being of every person and community within the Tri-County region

Healthy Tri-County (HTC) is a regional initiative to improve the health and wellbeing of every person and community in Berkeley, Charleston and Dorchester counties. This initiative grew out of collaborative work by MUSC Health, Roper St. Francis Healthcare and Trident United Way on the 2016 Tri-County Community Health Needs Assessment. It became clear that facilitating impactful health efforts would require the engagement of diverse community stakeholders using the principles of collective impact.

HTC realized that the potential to achieve real change as outlined in [Our Health, Our Future: Tri-County Health Improvement Plan 2018-2023](#) (TCHIP) would be made more effective if put into the hands of the community. Find Your Fit supports HTC in achieving the goals and recommendations of the TCHIP, the first comprehensive health improvement plan in our region that provides concrete recommendations and action steps for improving health outcomes that can be carried out by a wide range of local organizations, groups and individuals.

HTC is powered by Trident United Way in equal partnership with Roper Saint Francis Healthcare and MUSC Health.



Community Action

- Share healthy recipes with family and friends
 Ongoing
- Start a community/neighborhood walking group
 Ongoing

 Visit www.girltrek.org for a helpful info

Personal Accountability

- Attend a healthy cooking class
 Discretionary
- Encourage your child's teacher to promote water drinking with periodic water breaks in the classroom
 Discretionary
- Educate yourself on prepping healthy meals for the week to maintain healthy eating habits and reduce unhealthy snacking
 Ongoing

 Reputable sources provided on page 7
- Increase daily fruit and vegetable consumption
 Ongoing
- Reinforce positive health behaviors by setting goals and establishing a non-food rewards system
 Ongoing
- Set water drinking goals throughout the day
 Ongoing



Community Action

- Advocate for a bike/walking path in your community/neighborhood
 As needed
- Donate refillable water bottles to schools, shelters, community centers, etc.
 Discretionary
- Encourage a group of friends to join a gym with you
 Discretionary
- If you are a student, talk to your school/department about installing water bottle refill stations on campus
 As needed
- Start a community/neighborhood garden, or a small garden at home
 Ongoing
- Talk to your child's school about allowing refillable water bottles in the classroom
 As needed

Personal Accountability

- Talk to your family and friends about their issues with accessing nutritious food options including quality produce – try to help them achieve solutions
 As needed



Community Action

Talk to your child's school about opening playgrounds and on-campus recreation space for public use after school hours



Discretionary

Talk to your child's school about making healthy changes to school-prepared meal services

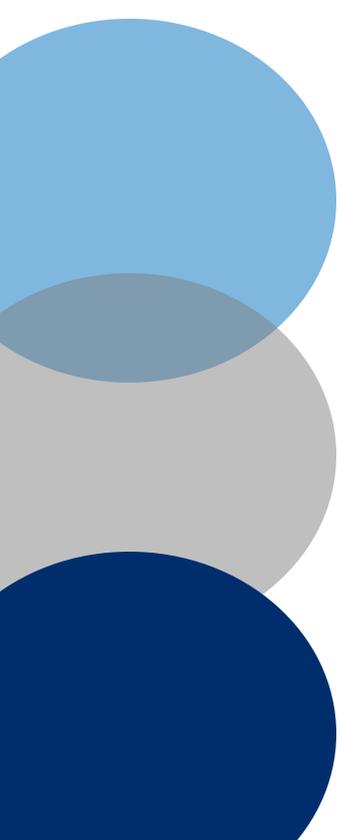


Discretionary

FIND YOUR FIT

Appendix

OBESITY, NUTRITION & PHYSICAL ACTIVITY





RESOURCE

How-to Prep Healthier Meals

Why meal prep? Meal prepping is the concept of preparing whole meals or dishes ahead of schedule. Having pre-prepared meals on hand can also reduce portion size and help you reach your nutrition goals. This way, you'll avoid unhealthy options like TV dinners or takeout, especially when you're overwhelmed or exhausted. Since it requires you to determine what to eat ahead of time, meal prepping can lead to more nutritious meal choices over the long term. *from healthline.com/nutrition/how-to-meal-prep*

Below we've given you some great places to get started on learning about how to approach meal prepping for the first time.



Make-ahead Meals

e.g. Proteins with vegetables and/or starch

Full meals cooked in advance which can be refrigerated and reheated at mealtimes.



Batch Cooking

e.g. Soups, pastas

Large batches of a specific recipe, split into individual portions to be frozen and eaten over the next few months.



Individually Portioned Meals

e.g. Salads, yogurts with fruit

Fresh meals portioned into individual grab-and-go portions to be refrigerated and eaten over the next few days.



Ready-to-Cook Ingredients

e.g. Vegetables, simple proteins

Prepped ingredients required for specific meals ahead of time as a way to cut down on cooking time in the kitchen.

Click for Meal Prep
Ideas Based on
Caloric Intake

Click for Meal Prep
Tips for Clean
Eating

Click for a 30-Day
Meal Prep
Challenge

**Always consult your primary care physician before making significant diet changes, or consult a registered dietician about what changes may be best for you.*

Acknowledgements

Developing Find Your Fit has been a long and intentional process, and required many individuals and organizations to come together.

Thank you...

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Amanda Sito, *Volunteer Engagement Manager*

Access to Care Sub-Committee of the Tri-County Health Improvement Plan

Behavioral Health Sub-Committee of the Tri-County Health Improvement Plan

Clinical Preventive Services Sub-Committee of the Tri-County Health Improvement Plan

Maternal, Infant & Child Health Sub-Committee of the Tri-County Health Improvement Plan

Obesity, Nutrition & Physical Activity Sub-Committee of the Tri-County Health Improvement Plan

Additional Support Contact Information

Questions or concerns about content you've been provided in this guide, contact FindYourFitCampaign@twu.org

Interested in becoming more involved in the Tri-County Health Improvement Plan or one of its targeted sub-committees, contact HTCsupport@twu.org for more information about an upcoming Healthy Tri-County orientation session.

For information on volunteering with Trident United Way, contact volunteer@twu.org