

Healthy Steps in Silicon Valley 1 Minute Script

Healthy Steps in Silicon Valley is a practical guide to make feeling good and being healthy easy and fun in Santa Clara County.

Healthy Steps shares:

- Research has shown again and again that being active is the best way to feel better everyday and add life to our years!
 - Being active improves **mood**, keeps your **mind sharp**, and improves **sleep**
 - Improves **energy** and controls **weight**
 - Prevents or controls **chronic health conditions**
 - Allows **independence & mobility**
- **Pg. 4-9 and 24-39** (“the bulk of the guidebook”) – Local, affordable and fun ways to stay active including a variety of classes at community centers, senior centers, adult education, and volunteer opportunities. Tips to incorporate more activity into everyday.
- **Pg. 12-16** – Tips for managing common health concerns like stress, sleep, diabetes, arthritis, and high blood pressure.
- **Pg. 17-22** - Tips to prevent falls and improve balance.
 - Falls are serious. Falls are one of the quickest ways to lose your independence and mobility. 1 in 3 seniors falls each year, and ½ of those in a skilled nursing facility are there because of a fall.
- **Pg. 40-53** - Exercises to practice at home.
 - You can practice these exercises anywhere, anytime. Think about starting out slow, setting do-able goals, and incorporating a little activity throughout your day. Even small amounts of physical activity can have drastic benefits.
- **Pg. 54-64** – Phone numbers for affordable local resources including healthcare sites, caregiver resources, mental health, home help, support to quit smoking, and more
 - **Pg. 56-57** has a great list of local community centers and what they have to offer, ie. pools, tai chi, walking groups, etc.
- **Pg. 65** - Home safety checklist (also part of fall prevention)

Questions & Evaluations

- Please answer 6 quick questions to receive your free guide.
- If you would like, you can provide your name and number, and a Health Champion will call you in 2-4 weeks to
 - **Answer** any questions
 - **Encourage** you in setting healthy goals
 - and **Connect** you to important resources.
- Enjoy your guidebook and share it with your friends and family!