



*Healthy U* is a special initiative designed to encourage Albertans to **choosewell** - to make better daily decisions about healthy eating and physical activity. *Healthy U* joins forces in 2005 with Alberta's Centennial Ambassadors to help celebrate 100 years of Albertan's achievements. Watch for announcements about events that will showcase and recognize top achieving communities during Alberta's Centennial celebrations.

During the month of September, libraries featured bookmarks with healthy eating and active living messages. Across the province, the Alberta Library Network soon will be showcasing *Healthy U*. Community libraries will feature posters and will have copies of Canada's Food Guide to Healthy Eating and Activity Guides for all ages along with *Healthy U* tattoos, postcards and other printed materials available for library patrons. Plan a visit to your library and pick up some of these materials while quantities last.

Copies of the **English Express** special *Healthy U* insert tailored for Albertans with English as a Second Language or low literacy are still available. These can be ordered on-line at <http://www.dbf.com/Mktg/acsc/index.asp>. Follow the registration prompts through catalogue to Alberta Health and Wellness and type *English Express (Healthy U)* or NCN1205 into the Name/Number box.



### Community Choosewell Challenge

[Community Choosewell Challenge](#) has encouraged 57 communities to date to showcase their programs that support Albertans to make changes - small or big - in their daily eating habits and physical activity. Congratulations to the top achiever community of **Bentley** who has earned two firsts - the first community to join the Choosewell Challenge and the overall population category winner of the summer Challenge.

To kick off the fall/winter Community Choosewell Challenge in September, students and staff of Wilson Middle School in Lethbridge created Alberta's largest tossed salad. There is still plenty of time for communities to get on board the fall/winter challenge that continues until February 2005. Contact program coordinator Jacqueline Schimpf at [jacqueline.s@telus.net](mailto:jacqueline.s@telus.net) for more information.



[Healthy U @work](#), which encourages all Alberta employers to adopt and promote healthy practices at work for their employees, continues to grow in popularity. Six corporations, 10 ministries and three government offices are implementing *Healthy U @work* programs. For more information on how to create a *Healthy U* environment in your workplace, download the employer's planning guide for helpful tips and suggestions and contact program coordinator Kendy Bentley at [kendybentley@telus.net](mailto:kendybentley@telus.net) for further information and to arrange a presentation.



[healthyalberta.com](http://healthyalberta.com)

The [Healthy U](#) web site continues to be the primary information source for the *Healthy U* initiative. It is easy to use, with weekly nutrition and physical activity tips, links to credible sources of information on nutrition and physical activity, delicious recipes, exciting contests and more. Check out the web site for new links and please take a moment to complete the online survey.