

Jwenn wout ou pou ka Viv an Sante nan Somerville



POU ENFÒMASYON VIZITE MYSTICRIVER-ORG/RECREATION

MONTE KANÒT NAN MYSTIV

WWW.ASSEMBLYROW.COM/PLAY/YOGA

POU JWENN FWI FRE AK
LEGIM BÒ LAKAY OU VIZITE
SHAPE UP SOMERVILLE
SOU FACEBOOK

VIZITE SIT ENTÈNÈT
SA-YO POU PLIS
ENFÒMASYON

THE HUB
WWW.SOMERVILLEHUB.ORG

GROUNDWORK SOMERVILLE
WWW.GROUNDWORKSOMERVILLE.ORG

SPS WELLNESS PROGRAMS
WWW.SOMERVILLE-K12-MA-US/PROGRAMS-DEPARTMENTS

FARMERS MARKETS LOCATIONS/TIMES
WWW.MASSFARMERSMARKETS.ORG

SOMERVILLE RECREATION DEPARTMENT
WWW.SOMERVILLEREC.COM/INFO

SOMERVILLE COMMUNITY GROWING CENTER
WWW.THEGROWINGCENTER.ORG

SOMERVILLE FAMILY LEARNING COLLABORATIVE
WWW.SOMERVILLE-K12-MA-US/FAMILIES

KAT JEWOGRAFIK SA TE KREYE NAN KOLABORASYON ANT SOMERVILLE FAMILY LEARNING
COLLABORATIVE/SOMERVILLE PUBLIC SCHOOLS. SHAPE UP SOMERVILLE. AK SOMERVILLE
COMMUNITY HEALTH AGENDA/CAMBRIDGE HEALTH ALLIANCE.

DESEN AK ILLISTRASYON NATE PADAVICK



YON MIL
0 1/4 1/2 3/4 1

TEREN

- 1 DILBOY FIELD
- 2 HODGKINS-CURTIN PARK
- 3 SEVEN HILLS PARK
- 4 KENNEY PARK
- 5 POWDERHOUSE PARK
- 6 LEXINGTON PARK
- 7 TRUM FIELD
- 8 HENRY HANSEN MEMORIAL PARK
- 9 SOMERVILLE JUNCTION PARK
- 10 BAILEY PARK
- 11 CONWAY PARK
- 12 OSGOOD PARK
- 13 QUINCY STREET PARK
- 14 PERRY PARK
- 15 LINCOLN PARK
- 16 NUNZIATO FIELD
- 17 WALNUT STREET PARK
- 18 STONE PLACE PARK
- 19 PROSPECT HILL PARK
- 20 CENTRAL HILL PARK
- 21 EDWARD LEATHERS COMMUNITY PARK
- 22 GRIMMONS PARK
- 23 FOSS PARK
- 24 SYLVESTER BAXTER RIVERFRONT PARK
- 25 CHUCKIE HARRIS PARK
- 26 GLEN PARK
- 27 ZERO NEW WASHINGTON PARK
- 28 TUFTS FIELDS
- 29 SYMPHONY PARK

PISIN

- 1 DILBOY POOL
- 2 KENNEDY POOL (INDOOR)
- 3 FOSS PARK POOL

PAK

- 1 NORTH STREET PLAYGROUND
- 2 WOODSTOCK PLAYGROUND
- 3 TRUM PLAYGROUND
- 4 ALBION PLAYGROUND
- 5 MORSE-KELLEY PLAYGROUND
- 6 DICKERMAN PLAYGROUND
- 7 PALMACCI PLAYGROUND
- 8 MARSHALL STREET PLAYGROUND
- 9 CORBETT-MCKENNA PLAYGROUND
- 10 HOYT-SULLIVAN PLAYGROUND
- 11 PERKINS PLAYGROUND
- 12 FLORENCE STREET PLAYGROUND
- 13 CREMIN PLAYGROUND

BIBLIYOTÈK

- 1 SOMERVILLE PUBLIC LIBRARY WEST BRANCH
- 2 SOMERVILLE PUBLIC LIBRARY
- 3 SOMERVILLE PUBLIC LIBRARY EAST BRANCH

MACHE

- 1 DAVIS SQUARE FARMERS MARKET
- 2 ASSEMBLY SQUARE FARMERS MARKET
- 3 UNION SQUARE FARMERS MARKET
- 4 SOMERVILLE MOBILE FARMERS MARKET
- 5 SOMERVILLE WINTER FARMERS MARKET AT THE ARMORY

LEKÒL

- 1 WEST SOMERVILLE NEIGHBORHOOD SCHOOL
- 2 BENJAMIN G. BROWN SCHOOL
- 3 JOHN F. KENNEDY SCHOOL
- 4 ARTHUR D. HEALEY SCHOOL
- 5 WINTER HILL COMMUNITY INNOVATION SCHOOL
- 6 SOMERVILLE HIGH SCHOOL
- 7 NEXT WAVE ALTERNATIVE JUNIOR HIGH & FULL CIRCLE ALTERNATIVE HIGH SCHOOL
- 8 MICHAEL E. CAPUANO EARLY CHILDHOOD CENTER
- 9 EAST SOMERVILLE COMMUNITY SCHOOL
- 10 DR. ALBERT F. ARGENZIANO SCHOOL

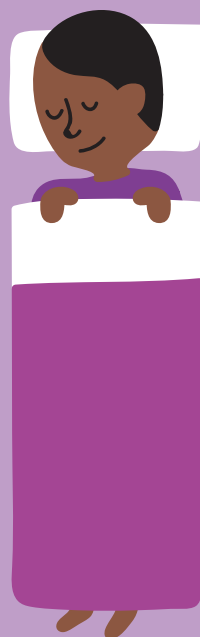
9

ÈDTAN DÒMI



PRAN APEPRÈ 7-9 ÈDTAN POU DOMI KÒM YON ADILT EPI 9-11 KÒM YON TIMOUN

- Fè yon orè pou ale dòmi; ale nan kabann epi revey a menm lè a chak jou.
- Kreye yon lè woutin pou ale domi; pran yon ben cho ouswa fè twalèt , li, oubyen tandè mizik kalm.
- Kreye yon anviwonman konfòtab pou domi; fre,sonb, epi trankil; sèvi yon mask pou zye epi /oubyen yon vantilatè.
- Pran konsyans de sa ou manje oubyen bwè avan ou ale dòmi; pa ale dòmi grangou oubyen plen, epi limite bwason yo.
- Pa pèmèt timoun an gen telefòn oubyen iPads/laptops nan chanm yo aswè.



Kò yo Ansante, Espri yo Ansante

9-5-2-1-0
Is the Way
to Go!



Jwenn wout ou pou
ka Viv an Sante



5

FWI AK
LEGIM YO



MANJE 5 OUBYEN PLIS PÒSYON FWI OUBYEN LEGIM YO CHAK JOU

- Fè asyèt ou mwatye fwi ak oubyen legim; enkli apeprè 1 ouswa 2 sevi nan chak repa.
- Vinn kreyatif; ajoute fwi yo ak legim yo nan sereyal, scrambled eggs, sandwiches, pizza ak pasta; double kantite fwi oubyen legim yo rele li yon resèt.
- Fè li fasil epi amizan; prepare epi pakèt fwi ak legim yo deja koupe pou pran kòm yon snack oubyen blende pou yon smoothie.
- Ale pou fresh, frozen, oubyen can; tcheke farmers markets lokal yo oubyen makèt yo pou fwi fre epi ranpli freezer ou avèk fwi ak legim frozen yo; pran prekosyon avèk fwi nan bwat ou byen legim yo ki gen sodyòm ak sik yo ajoute ladan yo.



1

EDTAN POU
AKTIVITE
FIZIK



PASE OMWEN 1ÈDTAN CHAK JOU POU KA VINN AKTIV

- Fè li fè pati woutin chak jou w, mache oubyen monte bisikèt lè ou kapab.
- Fè aktivite ansanm; jwe jwèt/espò yo avèk tout fanmi an oubyen jwenn aktivite pou patisipe avèk zanmi yo.
- Kenbe pou li patisipe & amizman; bisiklèt, dans, natasyon, kouri, paddle/row, sote, jwe...
- Varye aktivite yo; gen ladann fè jimnastik (ogmante batman kè) ak ranfòse misk.



2

EDTAN
REKREYATIV
OUBYEN DEVAN
EKTRAN



LIMITE TAN YO PASE DEVAN TELEVIZYON REKREYASYONÈL KI PA PWODIKTIV LÈ NAN ÒDINATÈ/TABLETS OUBYEN SELILÈ YO

- Mete limit nan tan devan ekran yo.
- Ranplase avèk lòt aktivite tankou ale mache, danse, fè lekti, kolore, jadye, fè manse oubyen lòt aktivite yo/hobbies.
- Fè lè ekran repa gratis.
- Kreye chanm san televizyon; pa kite timoun yo gen televizyon nan chanm yo.



BWASON

0

SIK YO



LIMITE BWASON SIKRE TANKOU SODA, JI FWI YO AK BWASON ESPÒ YO

- Bwè dlo; flavor lè ou ajoute yon slice sitron, zoranj oubyen konkom.
- Limite 100% ji fwi ½ cup pa jou, ajoute dlo ou seltzer nan ji a.
- Pote boutèy dlo pou replen pou kapab rete idrate ak ranplase lòt bwason ki pa nitritif yo.

