

# Finding your Way to Healthy Living in Somerville



FOR INFO VISIT [MYSTICRIVER-ORG/RECREATION](http://MYSTICRIVER-ORG/RECREATION)

CANOEING ON THE MYSTIC

[WWW.ASSEMBLYROW.COM/PLAY/YOGA](http://WWW.ASSEMBLYROW.COM/PLAY/YOGA)

TO FIND FRESH FRUITS AND VEGETABLES IN YOUR NEIGHBORHOOD VISIT [SHAPE UP SOMERVILLE ON FACEBOOK](https://www.facebook.com/ShapeUpSomerville)

VISIT THESE WEBSITES FOR MORE INFORMATION AND GREAT IDEAS!

- ### PARKS
- 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

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

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

- ### FARMERS MARKETS
- 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
- ### SCHOOLS
- 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



THIS MAP WAS CREATED IN COLLABORATION WITH THE SOMERVILLE FAMILY LEARNING COLLABORATIVE/SOMERVILLE PUBLIC SCHOOLS, SHAPE UP SOMERVILLE, AND SOMERVILLE COMMUNITY HEALTH AGENDA/CAMBRIDGE HEALTH ALLIANCE.

DESIGN AND ILLUSTRATION BY NATE PADAVICK



- THE HUB  
[WWW.SOMERVILLEHUB.ORG](http://WWW.SOMERVILLEHUB.ORG)
- GROUNDWORK SOMERVILLE  
[WWW.GROUNDWORKSOMERVILLE.ORG](http://WWW.GROUNDWORKSOMERVILLE.ORG)
- SPS WELLNESS PROGRAMS  
[WWW.SOMERVILLE-K12-MA-US/PROGRAMS-DEPARTMENTS](http://WWW.SOMERVILLE-K12-MA-US/PROGRAMS-DEPARTMENTS)
- FARMERS MARKETS LOCATIONS/TIMES  
[WWW.MASSFARMERSMARKETS.ORG](http://WWW.MASSFARMERSMARKETS.ORG)
- SOMERVILLE RECREATION DEPARTMENT  
[WWW.SOMERVILLEREC.COM/INFO](http://WWW.SOMERVILLEREC.COM/INFO)
- SOMERVILLE COMMUNITY GROWING CENTER  
[WWW.THEGROWINGCENTER.ORG](http://WWW.THEGROWINGCENTER.ORG)
- SOMERVILLE FAMILY LEARNING COLLABORATIVE  
[WWW.SOMERVILLE-K12-MA-US/FAMILIES](http://WWW.SOMERVILLE-K12-MA-US/FAMILIES)

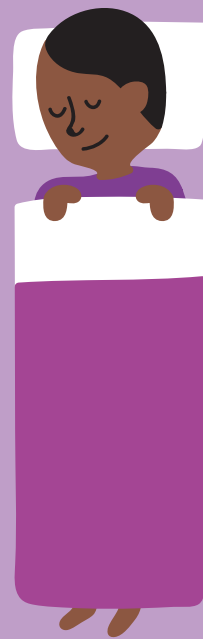
# 9

HOURS OF SLEEP



## GET AT LEAST 7–9 HOURS OF SLEEP AS AN ADULT AND 9–11 AS A CHILD

- Set up a sleep schedule; go to bed and get up at the same time every day.
- Create a bedtime routine; take a warm bath or shower, read, or listen to soothing music.
- Create a comfortable sleep environment; cool, dark, and quiet; use an eye mask and/or a fan.
- Be conscious of what you eat or drink before bed; try not to go to bed hungry or full and limit drinks before bed.
- Do not allow kids to have phones or iPads/laptops in their bedroom overnight.



# Healthy Bodies Healthy Minds



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

Finding your Way  
to Healthy Living

# 5

SERVINGS OF FRUITS AND VEGETABLES



## EAT 5 OR MORE SERVINGS OF FRUITS AND VEGETABLES EVERYDAY

- Make half your plate fruits and/or vegetables; include at least 1 or 2 servings at each meal.
- Be creative; add fruits and vegetables to cereal, scrambled eggs, sandwiches, pizza and pasta; double the amount of fruits or vegetables called for in a recipe.
- Make it easy and fun; prepare and pack precut fruits and vegetables to grab as a snack or blend up a smoothie.
- Go for fresh, frozen, or canned; check out the local farmers markets or grocery store for fresh produce and pack your freezer with frozen fruits and vegetables; beware of canned fruits or vegetables with added sugar or sodium.



# 1

HOUR OF PHYSICAL ACTIVITY



## SPEND AT LEAST 1 HOUR BEING ACTIVE EACH DAY

- Make it part of your daily routine; walk or bike when you can.
- Get active together; play games/sports with the whole family or find activities to participate in with friends.
- Keep it engaging and fun; bike, dance, swim, run, paddle/row, jump, play...
- Vary the activities; include aerobic (raises heart rate) & strengthening (builds muscles).



# 2

HOURS OR LESS OF RECREATIONAL SCREEN TIME



## LIMIT TIME IN FRONT OF THE TV & RECREATIONAL/NON-PRODUCTIVE TIME ON COMPUTERS/TABLETS OR PHONES

- Set screen time limits.
- Replace with other activities such as going for a walk, dancing, reading, coloring, gardening/cooking or any other activities/hobbies.
- Have screen free meal time.
- Create screen free bedrooms; don't allow kids to have TVs in their bedroom.



# 0

SUGARY BEVERAGES



## LIMIT SUGARY BEVERAGES SUCH AS SODA, FRUIT DRINKS AND SPORTS DRINKS

- Drink water; flavor by adding a slice of lemon, lime, orange or cucumber.
- Limit 100% fruit juice to ½ cup per day; add water or seltzer to the juice.
- Carry a refillable water bottle in order to stay hydrated and replace other unhealthy beverage.

