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To Our Partners and Supporters who have made  
this program possible for all of us.

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[WWW.HEALTHYFOODFESTIVAL.ORG](http://WWW.HEALTHYFOODFESTIVAL.ORG)  
[HEALTHYFOODFESTIVAL@GMAIL.COM](mailto:HEALTHYFOODFESTIVAL@GMAIL.COM)

1ST ANNUAL

# Healthy Food Festival

A COMMUNITY-WIDE EVENT TO PROMOTE  
POSITIVE LIFESTYLE CHOICES

## YEAR-LONG COMMUNITY HEALTHY WEIGHT LOSS CHALLENGE

# RESOURCE GUIDE

YOUR GUIDE TO SUPPORT SERVICES  
AND EDUCATIONAL RESOURCES THAT  
SUPPORT YOUR HEALTHY WEIGHT LOSS

GRANTS PASS  
JOSEPHINE COUNTY  
AND BEYOND . . .

[WWW.HEALTHYFOODFESTIVAL.ORG](http://WWW.HEALTHYFOODFESTIVAL.ORG)

## In this Resource Guide:

Healthy Weight Loss Challenge

Weight Loss for Life

Why Humans Need Water

Healthy Food Festival Presenters

Slimming Superfoods

Healthy Weight Loss Challenge

Weigh In Locations

Film Festival for Health

Walk With a Doc & Top Ten Reasons to Walk

*Disclaimer: The information contained in this reference is intended for educational purposes only and is not a substitute for advice, diagnosis or treatment by a licensed physician. You should seek prompt medical care for any health issues and consult your doctor before taking dietary supplements or making any major dietary changes.*

# WALK WITH a DOC 2015 RESULTS ARE IN!



- 92.4% of participants feel they are **MORE EDUCATED** since starting Walk with a Doc
- 79.4% of participants get **MORE EXERCISE** since starting Walk with a Doc.
- 78.8% of participants feel **MORE EMPOWERED** in their interactions with healthcare providers.
- 97.5% enjoy the refreshing concept of pairing physicians with communities outside the traditional setting.

Additional benefits of the walk include: **high level of camaraderie, increased energy, safer communities, participants are happier, makes them want to make a difference, and much more!**

## TOP TEN REASONS TO WALK

1. Reduces blood pressure
2. Lowers cholesterol
3. Increase high-density lipoprotein (HDL or “good” cholesterol)
4. Reduces heart attacks (by 86% combined with other factors)
5. Increases efficiency of heart
6. Makes our heart muscle stronger
7. Lowers heart rate
8. Strengthens lungs
9. Improves respiratory function
10. Improves cardiovascular endurance and performance

**Grants Pass Walk With a Doc Schedule will be on our website:  
[www.HealthyFoodFestival.org](http://www.HealthyFoodFestival.org)**

## FILM FESTIVAL

These films shown at the Healthy Food Festival address the issues of healthy food and nutrition.

You may watch them again on our website at

[WWW.HEALTHYFOODFESTIVAL.ORG](http://WWW.HEALTHYFOODFESTIVAL.ORG)

### A Community At Risk

**You REALLY Are What You Eat**

**Are You Feeding Your Body Or Disease**

**Teach Every Child About Food**

**The Secrets of Sugar (Dr. Beal)**

**What's Wrong With Your Food**

**10 Reasons to Drink Water**



### FEED YOUR MIND

Choosing films and video that support healthy lifestyles will help your mind and ease the process of changing habits.

These films were reviewed by our film committee and represent healthy attitudes about food, water and how we nurture our bodies.

## COMMUNITY-WIDE HEALTHY WEIGHT LOSS CHALLENGE

**Are you ready to lose weight?**

**Would you like to be part of a community-wide effort?**

Sign up before October 17th and weigh in at one of the listed Healthy Weight Loss Challenge Weigh-In locations. We will be tracking individual weight loss and weight lost by the entire community. This first annual Healthy Weight Loss Challenge will inspire and motivate us to eat and live in a healthy way.

All around Grants Pass, businesses, social service agencies, and non-profit organizations are offering a community where healthy weight is a key focus. Many of us have been wanting to lose weight but have not had the incentive to change, education about how to change our habits in a healthy way, or the support of advisors, friends and community.

**Walk With A Doc** will give Challengers the opportunity to spend time on a walk with a doctor on a regular basis.

Healthy weight is just one part of a healthy life, and getting there is easier with healthy food, water, exercise and supplements. This resource guide will help you discover options available to make choices for your own healthy lifestyle.

Pure water and healthy food are also essential for individuals who are recovering from illness and from substance abuse. When we promote a healthy food system and healthy eating habits for all of us, we are more able to support one another in our community.

Whatever your personal goals are, your life situation, and your weight challenges... we hope you find solutions through this **Resource Guide** and our ongoing program activities.

[www.HealthyFoodFestival.com](http://www.HealthyFoodFestival.com)

## Weight Loss for Life

About 75% of people who lose weight will gain it back within a year of losing it. Most will gain an additional 5 to 10 pounds. WHY?? Because most people go on a diet.

**Don't go on a "diet"!!**

By this I most certainly don't mean to not change the way you eat. In order to change your body, you must change the way you eat, and you must change the way you move... but you also must change the way you think.

In order to get long term success, these things must all be sustainable **for a lifetime**. This means that if you are doing some crazy miracle diet or buying your meals already prepared, you are not creating a lifestyle, you are going on a "diet".

### For long term results, here are a few tips:

Find an eating plan that will work for you **forever**.

Balance out the way you eat already.

Find ways to improve the foods you love and share with your family now.

Learn portion control.

Think long term while you're adjusting you're eating.

Are you enjoying your food?

Do you get plenty of variety?

Are you able to share with your friends and family members?

Support to reach your goals easily, faster and in a more focused way.

Encouragement along the way.

Accountability to stay on track.

Ideas and inspiration to make the process more fun.

Exercise and maintain an active lifestyle to get long term results.

Make sure that your efforts will help you reach your goal.

Get your heart rate up for at least 30 minutes daily.

Love the exercise you do.

Make short term goals, as well as long term goals.

**Congratulations on your decision to change your life!**

We hope that you have found this article helpful and you will be able to make changes that will not only affect you, but also the many people in your life that will see the wonderful changes you are making.

Live Well, Danielle Wirkkala

**The new well** 541.471.2224, 2160 NW Vine St. Grants Pass, OR

## Healthy Weight Loss Challenge WEIGH-IN LOCATIONS



**AnyTime Fitness**

Contact: Remy Boots (541) 479-6900

304 NE Agness Ave, Grants Pass, OR

Monday thru Thursday 9-5, Friday 9-2

**Healthy Weight Loss Challenge Offer:**

\$59 enrollment and \$33 month membership



**Club Northwest**

**& the new well**

Complete Weight Loss & Wellness Centers

Contact: a wellness consultant (542) 955-2582

2160 Vine St, Grants Pass, OR

Monday thru Thursday 7am-8pm

Friday 7am-6pm, Saturday 8am-1pm

**Healthy Weight Loss Challenge Offer:**

Waived membership fee for 'the well'



**tops Club**

Contact: Fran Sequeira (541) 479-5809

franseq68@yahoo.com

241 Holbrook Way, Grants Pass, OR



**Thrive Wellness and Weight Management**

Contact: Virginia Kramer (541) 479-3100

1550 Nebraska Ave., Grants Pass, OR



**Grants Pass Community Center**

(541) 342-5386

234 SW L Street, Grants Pass, OR



**YMCA**

(541) 474-0001

1000 Redwood Ave, Grants Pass, OR

## Slimming Superfoods

by Sarah Klein

So-called superfoods are nutritional powerhouses that help build bones, prevent chronic diseases, improve your eyesight, and even keep your mind sharp. But did you know new evidence suggests these foods can also help you get — and stay — slim?

**Black beans:** A cup of black beans packs a whopping 15 grams of satisfying protein and doesn't contain any of the saturated fat found in other protein sources.

**Oats:** Oats are rich in fiber, so a serving can help you feel full throughout the day. Just a half cup packs 4.6 grams of Resistant Starch, a healthy carb that boosts metabolism and burns fat.

**Avocado:** The healthy fat in Avocado may trigger your body to quiet hunger. Stick to a quarter or a half of an avocado and watch that belly fat melt away.

**Salmon:** Lean sources of protein help you feel full without adding fat. The Omega fatty acids in Salmon boost your nutrition.

**Blueberries:** Best known for their anti-aging effects, blueberries, while tiny, are a powerful figure-friendly eat.

**Broccoli:** This cruciferous veggie is well-known for its cancer-preventing powers, but with a punch of filling fiber in less than 30 calories a serving, it's bound to prevent weight problems too.

**Brown rice:** Brown rice is a heartier, fiber-packed alternative to less-than-super white rice. Brown rice is a low-energy-density food, meaning it's heavy and filling but low in calories.

**Pears:** Just one pear packs 15% of your daily recommended amount of fiber. Be sure to eat the skin... that's where the most fiber is.

**Grapefruit:** Even if you changed nothing else about your diet, eating half a grapefruit before each meal may help you lose up to a pound a week!

**Almonds:** Nuts are another superfood rich in healthy fats that help you slim down. Almonds in particular can help you shed pounds.

**Green tea:** This steamy sip hydrates like water, which can help fill you up and shed pounds. Plus, the antioxidants in green tea will up your fat burn and calorie burn.

**Lentils:** Lentils are a great source of satiating protein and fiber.

## Why Humans Need Water

(ABOUTHealth)

Your body is roughly 60 to 70 percent water. Blood is mostly water, and our muscles, lungs, and brain all contain a lot of water. Water is needed to regulate body temperature and to provide the means for nutrients to travel to all our organs. Water also transports oxygen to our cells, removes waste, and protects our joints and organs.

Dehydration occurs when you lose more water than you take in. You lose water through urination, and respiration. You also lose body water when you sweat.

Symptoms of mild dehydration include thirst, pains in joints and muscles, headaches, and constipation. A strong odor to your urine, along with a yellow or amber color, may also indicate dehydration.

The foods you eat supply about 20 percent of the water you need. The rest of your water comes from the beverages you drink. One way to determine how much water to drink is to take your weight in pounds and divide that number in half. The resulting number is the number of ounces you should drink each day. For example, if you weigh 160 pounds, you might want to drink at least 80 ounces of water or other fluids per day.

### *Drink Water and Lose Weight!*



# HEALTHY FOOD FESTIVAL PRESENTERS

## Antonio Barros, Lac



Acupuncture | Chinese Medicine | Herbal Medicine | Qigong

Antonio's goal is to work with his patients in diagnosing and treating conditions that are preventing them from enjoying life to the fullest. Yuan Tian is a place where people can come to find healing and education in leading more satisfying and fulfilling lives.

**Yuan Tian** 222 NE B St., Grants Pass, OR **541-476-2087**  
[www.sourcefieldhealing.com](http://www.sourcefieldhealing.com)

## Dr. Larry Beal

Nutrition | Disease Prevention | Health & Wellness

### HEALTHYSELF

Dr. Beal makes HOUSECALLS!

Why wait for better health? Call today!

Nutritional support to heal your body and your brain through food and supplements.

LarBeal@yahoo.com **541-890-5519**

### HEALTHYSELF

A nutritional & lifestyle program  
for better living.



*Prevent and Reverse  
Chronic Diseases*

## Miranda Black, LAc

Traditional Chinese Medicine | CrainioSacral Therapy  
Qi Gong & Meditation | Massage | Pediatrics | Nutrition



**Radiant Family Natural Health Clinic** 228 NW B St., Grants Pass, Or  
Health is a basic, fundamental right of humanity. We are pleased to serve our community by offering a wide variety of holistic and complementary healthcare services and natural healthcare products.  
Tuesday-Friday from 10:00am - 6:00pm contact\_us@theradiantfamily.com  
[www.theradiantfamily.com](http://www.theradiantfamily.com) **541 244-0111**

## Jack McIntosh, BS



Health & Wellness Classes | Wellness Weekend | Eight Weeks to Wellness

### BETTER LIVING CENTER

**541-846-0654**

Grants Pass Seventh-day Adventist Church 1360 NE Ninth St, Grants Pass  
Metabolic health and depression recovery

*Wellness Weekend*: September 26 11:30 am to 12:30 pm & 27th 8:00 am to noon  
*Eight Weeks to Wellness™*: Sept. 29 - Nov. 17, 2015—Tuesday evenings 7-8 PM

## Steven M Rotter, MD



Integrative Medicine Specialist | Acupuncture | Medical Director for Grace Roots

### Tree of Life HealthCare

Most doctors are trained to diagnose and prescribe, I help people get well.

Medications may manage symptoms but they don't help you get better.

"He who has health, has hope. He who has hope, has everything."

714 NW 5th St., Grants Pass OR **(541) 244-2292**  
[www.treeoflifehealth.net](http://www.treeoflifehealth.net)

## Sherri Tobin, MS, RDN, IBCLC



Registered Dietitian Nutritionist | Certified Lactation Consultant

### Oregon Department of Human Services

WIC \*\*\* Program

\*\*\*WIC is the Special Supplemental Nutrition Program for Women, Infants and Children. This public health program is designed to improve health outcomes and influence lifetime nutrition and health behaviors in targeted, at-risk populations. Nutrition education is the cornerstone of the WIC Program. **Oregon WIC** at [www.healthoregon.org/wic](http://www.healthoregon.org/wic)