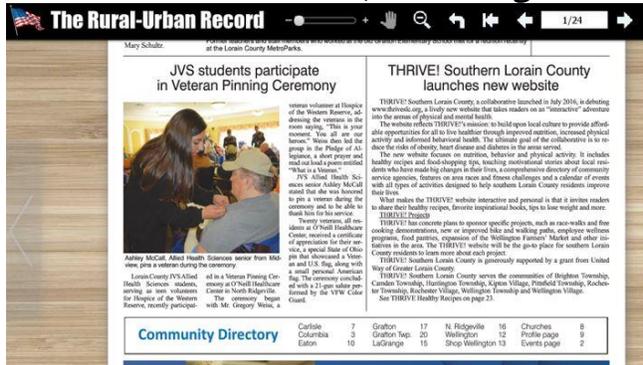


# RURAL-URBAN RECORD, November 28, 2016 Edition

Go to: [www.rural-urbanrecord.com](http://www.rural-urbanrecord.com) and

Click on 11-28-16 edition, Front Page



## [www.loraincounty.com](http://www.loraincounty.com), November 9, 2016



### THRIVE! Southern Lorain County Launches New Website



THRIVE! Logo

November 9, 2016 -- THRIVE! Southern Lorain County, a collaborative launched in July 2016, is debuting a lively new website, that takes readers on an "interactive" adventure into the arenas of physical and mental health.

The website reflects THRIVE!'s mission: to build upon local culture to provide affordable opportunities for all to live healthier through improved nutrition, increased physical activity and informed behavioral health. The ultimate goal of the collaborative is to reduce the risks of obesity, heart disease and diabetes in the areas served\*.

#### Recipes, Inspirational Stories and More

The new website focuses on nutrition, behavior and physical activity. It includes healthy recipes ("Kale Chips" is the first) and food-shopping tips; touching motivational stories about local residents who have made big changes in their lives; a comprehensive directory of community service agencies; features on area races and fitness challenges; and a calendar of events with all types of activities designed to help southern Lorain County residents improve their lives.

What makes the THRIVE! website interactive and personal is that it invites readers to share their healthy recipes, favorite inspirational books, tips to lose weight and more.

#### THRIVE! Projects

THRIVE! has concrete plans to sponsor specific projects, such as race-walks and free cooking demonstrations, new or improved bike and walking paths, employee wellness programs, food pantries,

expansion of the Wellington Farmers' Market and other initiatives in the area. The THRIVE! website will be the go-to place for southern Lorain County residents to learn more about each project.

THRIVE! Southern Lorain County is generously supported by a grant from [United Way of Greater Lorain County \(Website | Profile\)](#).

\*THRIVE! Southern Lorain County serves the communities of Brighton Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village.

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THE MORNING JOURNAL, November 7, 2016 Edition

# THE MORNING JOURNAL NEWS

## Southern Lorain County targeted for fitness and health



Metro Creative Connection

By [Carol Harper](#), *The Morning Journal*

Barb Kroucik says she's seen enough of nursing homes.

After recently losing her husband who was diagnosed with Alzheimer's disease 15 years ago and who lived in a nursing home for the last four years, Kroucik, 67, of Elyria, chose a different path for herself.

She's building strength to prevent falls and to maintain independence.

"I've been walking a couple of years," Kroucik said while participating in a Fitwalk at [Splash Zone Aquatic Center](#), 95 W. Hamilton St., Oberlin. "I got a trainer two months ago. I need balance and core strength. Now it's time for me to get busy. I do weights, machines, stretches, ladders, you name it we're doing all kinds of things. And it makes you mentally feel better, too."

Andrea Di Ario, 18, a senior at Firelands High School, attended the same Fitwalk, but with a different purpose. Di Ario needs a physical education credit to graduate from high school, so she's logging 120 hours of walking and another activity.

“It has allowed me to stay in shape,” Di Ario said, “because I don’t work out. It definitely kept me active. I take A CIZE fitness class, too. It’s like Hip Hop dancing.”

Fitwalks are part of a United Way collaboration of 16 community organizations to improve the health of the southern part of the county, which was described as an “exercise desert.”

A majority of residents without access to health and wellness activities experience negative effects on health, according to information provided by the [United Way of Lorain County](#).

For example, 69 percent of adults living in southern Lorain County are obese, and 24 percent are smokers. Both statistics are higher than the county average, according to the United Way.

“Compounding the need, the poverty rate is as high as the poorest urban areas of the county,” according to a news release from United Way.

A new website targets southern Lorain County for pumping the numbers of people turning to healthy lifestyle habits.

According to a news release from THRIVE! Southern Lorain County, on the Web at [www.thriveslc.org](http://www.thriveslc.org):

The initiative is funded by United Way of Greater Lorain County to reduce residents’ risks of heart disease, diabetes and obesity.

The areas targeted by THRIVE! include Brighton, Camden, Huntington, Pittsfield, Rochester, and Wellington townships, and Kipton, Rochester, and Wellington villages.

Residents are encouraged to visit farmers’ markets, attend free cooking demonstrations, and participate in improving bike and foot paths in townships, according to the website.

A calendar on the site lists free fitness activities, such as Fitwalks at 5:30 p.m. on Mondays in Oberlin, or at 5:30 p.m. on Thursdays at [Mercy Health and Recreation Center](#), 47160 Holstein Dr., Amherst, said Marissa Wayner, a health educator at Lorain County General Health District, Elyria.

“We provide a space for people to socially walk with family and friends and have a place for physical activities,” Wayner said. “We’re partnering with the [Lorain County Metroparks](#) to offer these opportunities. It’s especially important this time of year when the weather is getting colder.”

Wayner punched a card for each walker. After eight walks, the walker selects a prize donated by local businesses.

The Fitwalks are part of United We Sweat, she said. All fitness levels are welcome. Another website, [livehealthyloraincounty.com](http://livehealthyloraincounty.com) also provides a calendar of free fitness activities, Wayner said.