

Exercise Your Right to



Feel Better Minnesota



Join the Movement to Feel Better Minnesota!

What is Feel Better Minnesota?

Feel Better Minnesota is a unique resource for organizations and communities statewide, developed by the Saint Paul-Ramsey County Department of Public Health (SPRCDPH) that:

- encourages adults and families to seek and sustain healthy behaviors,
- provides simple steps anyone can take to improve nutrition and increase daily physical activity,
- includes information and resources to support healthy behaviors at home, at work, and in the community, and
- is a resource that can be used by other local public health departments, businesses, schools, and community organizations throughout Minnesota to lead efforts to make sustainable changes in the health of those they serve.

What is the goal of Feel Better Minnesota?

The goal of Feel Better Minnesota is to support people and communities in exercising their "right to feel better" by:

- eating more fruits and vegetables,
- substituting whole for refined grains,
- drinking more water,
- eating less fat, and
- being physically active for at least one half-hour, every day.

What information and resources are available?

- A 30-minute Twin Cities Public Television Minnesota Channel production that is broadcast statewide and on DVD, providing tips and encouragement for making simple sustainable changes that can make us all feel better. Local advertising legends Richard Wilson and Steve Griak created the music, video and graphic concepts for Feel Better Minnesota. The songs are performed by local Twin Cities artists including T. Mychael Rambo, Kara Millerhagen, Ginger Commodore, Yolande Bruce, Cydni Shepard, Arts-Us, City Songs, Michael Johnson and Patti Peterson.
- Tips on healthy eating and physical activity shared by local experts and members of the Twin Cities community working to take simple steps to improve their health and lives.
- Web-based information and downloadable printed materials designed to creatively engage individuals to take simple steps to improve their health.

What can I do?

- Identify groups you are connected with that would enjoy working together on a healthier lifestyle,
- Visit the web site www.feelbetterminnesota.org to obtain the video and print materials,
- Plan your group presentations and meetings to energize and engage the participants to make changes in their organizational and personal lives to "Feel Better."

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