

# Winsted Senior Center

## *Fit Together* *Fridays*

**Small steps we can take  
to become our healthiest...**

**SEPTEMBER 1 Eat 5 fruits or vegetables today** They contain important vitamins, minerals and fiber which can help prevent cancer, diabetes and heart disease

**SEPTEMBER 8 Limit screen time today** You will free up more time to connect with friends, and family which can ward off symptoms of stress, depression and anxiety

**SEPTEMBER 15 Get at least 1 hour of movement today** And improve your brain health, help manage your weight, strengthen your bones and muscles and improve your ability to do everyday activities.

**SEPTEMBER 22 Drink water today (no sugary drinks)** Sugary drinks increase the risk of obesity, diabetes, heart disease, fatty liver disease and cavities

**September 29 Say hello to a stranger today** You may make a new friend, improve your mood and reduce feelings of loneliness

**For more info. visit Fit Together NWCT – Healthy Starts Here ([how2fitkids.org](http://how2fitkids.org))**



Happy, Healthy & Safe Adults Age 55+

80 Holabird Avenue, Winsted, 860-379-4252