



## Mower Refreshed Living

The arrival of September brings a sense of structure and predictability as school classrooms are filled, fall programming begins and we move forward to cooler temperatures.

“What way is forward?” is a question that assumes that the goal is to move ahead rather than remain without direction or focus. It also implies that we are not living in the past but seeking the potential of what lies ahead.

As the season brings more structure it provides opportunity to determine what way is forward for you, your family, your career, your health.

Living refreshed is about allowing ourselves time to be in neutral, pausing to consider what way is forward before we leap ahead. Neutral gives time to consider questions like where am I going to invest my time and energy....seeing these just a valuable as money.

Healthy living doesn't just happen. It's the every day decisions that answer the question “What way is forward?” The way forward might be taking time to focus on what is in front of you rather than drowning in the myth of multi-tasking being cost effective and productive. The way forward may be parking further away from your destination, a random act of kindness to a stranger or simply replacing a can of soda for a glass of water.

This fall, rest a few minutes in neutral to ask yourself...”

**What's your way forward to living life a bit more healthy?**

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### Intention Question

**“What's the way forward?”**

### What is Mower Refreshed?

- A county wide movement that inspires and ignites individuals and groups to promote healthy living.
- An effort that seeks to change the culture surrounding wellness, supporting the healthy choices becoming the easier choice for every citizen.
- A connecting point for citizen-driven wellness ideas and efforts to collaborate with one another, share resources and experience opportunity to network with others in the county.



# County Connections

*Adams/Austin/Brownsdale/Corning/Dexter/Elkton/Grand Meadow/Johnsburg/Lansing/LeRoy/Lyle/Mapleview/Racine/Rose Creek/Sargeant/Taopi/Waltham*



August in Mower County isn't complete with out the county fair! This year the Mower County Fair welcomed Mower Refreshed and our partners with enthusiasm and a bit of, "What is this Mower Refreshed Destination all about?"

True to it's roots in being citizen-inspired, it was suggested by a volunteer that Mower Refreshed take part in the county fair rather than creating a health fair that is typically for wellness efforts. Because Mower Refreshed is about building on what is already working and collaborating efforts, going to the county fair just made sense.

As an area TV station reported, healthy snacks and fitness classes are not typically what folks expect to see at the fair! Mower Refreshed Destination provided a different experience for fair attenders this year. People of all ages had opportunity to try new activities, engage in citizen feedback about wellness in Mower County, enjoy fruit on a stick and rest from the heat. Over 250 folks stopped by including the high energy tikes on Daycare Day! Zumba try-it classes, gym mats busy with hoola-hoops and exercise balls, along with stationary bikes, face painting, library books, community partners of Mower Refreshed, volunteers and cold water made our two day debut a success!

Areas of success? Many! Connecting with citizens from around the county was one of the most valuable outcomes. Learning more about what citizens/communities are doing to promote healthy choices and the roadblocks they experience gives us more fuel to continue to build collaborations that equip Mower County to make healthy options easier and more accessible to every citizen.

We don't expect to replace fried food on a stick at the fair, just make healthy choices easier and fun even at a county fair!



# Refreshed Focus

## Wellness Tools Created by Your Neighbors...



The way forward for Wellness Wednesday has meant creating resource and growing collaborations with organizations that have the potential to positively impact how we live, work, play and learn in Mower County on Wednesdays.

The simple idea of Wednesday becoming a day each week that we intentionally make the healthy choices easier in our families, schools, faith communities and workplaces can create a small shift that moves us forward toward life habits with big impact.

A Wellness Wednesday postcard is available for you to promote healthy choices in your classrooms, offices and at home. Download the card at [www.MowerRefreshed.org](http://www.MowerRefreshed.org) or contact us directly to receive the postcards to distribute. More Wellness Wednesday tools are coming!

Every Wednesday at [www.facebook.com/mowerrefreshed](https://www.facebook.com/mowerrefreshed) you can respond to the wellness challenge question and win a Mower Refreshed t-shirt and possibly a great gift from area Wellness Wednesday sponsors!

Look for some creative collaborations coming this fall with Wellness Wednesday and a large brown bear who likes hockey!

## Refreshed Wellness Tips

Here's a quick way to engage students and employees alike in a common health focus each month. This tool is especially helpful for wellness committees in any organization that often are given the challenge to promote wellness with little time and even less funds.

Refreshed Wellness Tips provides the option to click on the top right corner and add your organization's logo and then insert in the box "What's Happening Here" a contest, coupon or short article that makes sense for your setting. A teacher may use it in the classroom to focus their students each month on a wellness topic or it might be adopted school wide. A business could promote healthy living with coupons or discounts for employees or their customers, while a faith community might insert a scripture verse that could encourage folks in healthy living. Wellness committees are seeing this as a tool that is ready to use and flexible to adapt to their organizations desires.

The flier is created each month with articles contributed by local citizens, sharing their resources with us all.

September's Refreshed Wellness Tips is our first that is offered in both Spanish and English thanks to citizen volunteers!

To view and/or download the tips visit [www.MowerRefreshed.org](http://www.MowerRefreshed.org)



## Focus on Four

### Healthier Choices:

Developing sustainable strategies that encourage the population of Mower County to make healthier choices.

### Mental Fitness:

To increase resilience when dealing with stress and anxiety.

### Workforce Wellness:

To create a healthier and more productive workforce.

### Community Connections:

To connect Mower County citizens to services, events, organizations and resources that promote healthy living.

Inspired Refreshment!  
"If you don't know where  
you're going, any road will  
take you there." George Harrison

# Refreshing News

## Re-freshed

### V. Give new strength or energy to [Mower County]; reinvigorate

We're pretty excited about comfy t-shirts! Respond to the Wellness Wednesday challenge question each Wednesday on Facebook to win a tee or volunteer with us as we promote wellness and the efforts of our county-wide partners who are making healthy living easier for us all and get yourself a tee!



## Refreshing County-Wide Calendar

Submit and post your community wellness events and efforts on the newly activated Mower Refreshed **county-wide** community calendar at [www.MowerRefreshed.org](http://www.MowerRefreshed.org)  
This is your county-wide calendar...share your organizations events with a simple click!

## Refreshed Dining

Want to be a part of developing Refreshed Dining in Mower County? Contact us as we explore ideas and options to provide fresh dining in our county that makes sense for business owners and their customers. Take the online survey on the website till September 17. The Refreshed Dining Team has a spot for you!

### **Mower County Schools:**

Austin: [www.austin.k12.mn.us](http://www.austin.k12.mn.us)

Austin: Pacelli Catholic: [www.pacellischools.org](http://www.pacellischools.org)

Grand Meadow: [www.gm.k12.mn.us](http://www.gm.k12.mn.us)

LeRoy: [www.leroy.k12.mn.us](http://www.leroy.k12.mn.us)

Lyle: [www.lyle.k12.mn.us](http://www.lyle.k12.mn.us)

Riverland Community College: [www.riverland.edu](http://www.riverland.edu)

Southland-Adams: [www.isd500.k12.mn.us](http://www.isd500.k12.mn.us)

### **Mower County's Playgrounds**

Hormel Nature Center. [www.hormelnaturecenter.org](http://www.hormelnaturecenter.org)

Lake Louise State Park [www.dnr.state.mn.us/state\\_parks/lake\\_louise/index.html](http://www.dnr.state.mn.us/state_parks/lake_louise/index.html)

### Connect with Us!

[www.MowerRefreshed.org](http://www.MowerRefreshed.org)

[www.facebook.com/mowerrefreshed](https://www.facebook.com/mowerrefreshed)

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