

## BE YOUR BEST

**1** Talk to your doctor before making lifestyle changes. Don't make major changes all at once. Make small, attainable goals for yourself each day and keep the momentum going.

**2** Ditch the soda - switch to water. The average American consumes 52 pounds of sugar per year in drinks alone. Investing in a reusable water bottle is also a great idea!

**3** Proper sleep helps you think better and can prevent illness, obesity, high blood pressure, and injury. Adolescents need 9 hours and adults need 8 hours per night.

**4** Feeling blue? Smile. The chemical impulses sent to the brain with a fake smile are identical to a genuine one. Laughter is even more powerful.

**5** Breakfast is the most important meal of the day. Feed your body and mind with necessary nutrients and energy needed to function. Breakfast gets your metabolism going.

**6** Do physical activities such as: aerobic, stretching, muscle & bone strengthening, and balancing for a healthy body. Ask your doctor or physical trainer first.

## MENTALLY HEALTHY

Mental health is just as important as physical health. Behavioral Connections, Perspectives Counseling Services and Allies in Mental Health are some of the resources available. Crisis Hotline: 1(800) 472-9411



Explore the resources in Bowling Green, Ohio for how to live a healthier and happier lifestyle!



BOWLING GREEN  
CONVENTION &  
VISITORS BUREAU

130 S. Main Street  
BG, OH 43402  
(800) 866-0046

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



@visitbgohio

# FITNESS



## BGSU RECREATION CENTER

Full recreational facility with fitness equipment, classes, aquatic center, climbing wall and multi-purpose courts.

1411 Ridge Road  
(419) 372.2000  
bgsu.edu/offices/sa/recwell

## BOWLING GREEN COMMUNITY CENTER

Fitness center, kids club, indoor track, classes in paloga, tai chi, zumba and more.

1245 West Newton Road  
(419) 354-6223

## CYCLE WERKS BIKE SHOP

248 South Main St.  
(419) 352-9375  
shopcyclewerks.com

## JULIE'S DANCE STUDIO

1234 N Main St  
(419) 353-5030  
juliesdancestudio.com

## MOVEMENTALITY, YOGA STUDIO

1220 West Wooster St.  
(419) 308-2366  
movementalityllc.com

## ST. JULIAN'S FITNESS CENTER

1234 North Main St.  
(419) 354-5060  
stjuliansfitness.com

## THE BEAT DANCE COMPANY

1330 Brim Rd.  
(419) 290-1952  
thebeatdancecompany.com

## WADOKAN MARTIAL ARTS

Karate, Tae Kwon Do, Judo, Aikido, Iaido, Jiu-Jitsu & Kabudo for all ages.

848 #3 S. Main Street  
(419) 352-9600  
wadokanmartialarts.com



# FOOD



## CAMPUS NUTRITION

Smoothie Shop  
140 E Wooster St.  
(419) 806-4163  
facebook.com/  
CampusNutritionBG

## GET INSPIRED NUTRITION

Smoothie Shop  
157 N. Main St.  
getinspiredbg.com

## KABOB-IT!

Mediterranean  
132 E Wooster St.  
(567) 413-4700  
facebook.com/  
kabobitbg

## NINJA HIBACHI

Fresh Sushi & Sashimi  
1080 S. Main St.  
(419) 819-4313  
ninjahibachibowling-  
green.com

## EAT THE RAINBOW

The more Fresh Foods you consume, the healthier you will be. Shelf stable foods contain unnatural preservatives, additives and chemicals that deteriorate your body. Focus on fruits, vegetables, lean meats, whole grains and low-fat dairies. Moderation is key.

## HOLISTIC BOUTIQUE

### ASHERAH'S GARDEN

Acupuncture therapy, aroma therapy, loose leaf teas, and meditation.

315 North Grove Street  
(419) 354-8408  
asherahsgarden.com



## PARKS & RECREATION

(419) 354-6223

### CITY PARK

Community park with playgrounds, skate park, roller hockey rink, shelters to rent, stage and a water park with lazy river, slide and splash pad.  
520 Conneaut Avenue

### CARTER PARK

Disk golf course, baseball diamonds, playground & shelters.  
401 Campbell Hill Road

Rice, bread, pasta  
potatoes &  
starches

Fruits &  
Vegetables

Meat, fish,  
eggs, beans &  
non-dairy sources  
of protein

Milk & Dairy

Food and drinks  
high in sugar and fat  
in very small amounts



[WWW.BGOHIO.ORG/DEPARTMENTS/PARKS-AND-RECREATION](http://WWW.BGOHIO.ORG/DEPARTMENTS/PARKS-AND-RECREATION)

### SIMPSON GARDEN PARK

Sculpture, Sensory, Japanese and Herb gardens with walking trail and a beautiful rental facility.  
1291 Conneaut Avenue

### SLIPPERY ELM BIKE TRAIL

13-mile paved trail, access point at  
515 Sand Ridge Road

### WINTERGARDEN PARK

Nature Preserve with walking trails  
and the Rotary Nature Center.  
615 South Wintergarden Road



All locations in Bowling Green, Ohio 43402