Who We Are:

Make Health Happen Madison County is working to improve the health of Madison County residents one step at a time!
The purpose is to improve the health of all who live, work, and play in Madison County through increasing access to health food and physical activity. To accomplish this objective, partners across the region collaborate, communicate and create partnerships to improve the resources available in the County.

Make Health Happen Madison County is part of the larger Madison County Partnership for Community Health through the Madison County Health Department.

Flexible Fruit Smoothie

Get creative! Experiment with different fruit and vegetable pairings to find you favorite flavor combination. Here is our favorite combo:

*Ingredients*
- 1 cup milk
- 1/2 cup fresh or frozen mango
- 1/2 cup fresh or frozen blueberries

*Directions:*
1. Use a blender to mix ingredients until smooth.
2. Enjoy!

*Recipe courtesy of the St. Louis Dairy Council!*

*Nutrition Facts:* 288 calories, 10g protein, 9g fat, 29% DV Calcium

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Everything Counts!

Get 30 minutes of exercise every day. Repeat this YMCA workout 5 times to get you started:
1. Treadmill for 1 minute
2. Mountain Climbers for 20 seconds
3. Push-Ups 5 times
4. Treadmill for 1 minute
5. Squats with Dumbbells or no weight 10 times
6. Floor Touches or Power Squats 10 times
7. Treadmill for 1 minute
8. Plank for 30 seconds
9. Side Plank Right for 30 seconds
10. Side Plank Left for 30 seconds
11. Repeat 4 more times!

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Eat a Rainbow of Fruits & Vegetables

**Red & Pink**
- Beets
- Cherries
- Cranberries
- Pink Grapefruit
- Red Peppers
- Apples
- Strawberries
- Tomatoes
- Grapes

**Blue & Purple**
- Blueberries
- Blackberries
- Plums
- Eggplants
- Grapes
- Prunes
- Cabbage
- Figs
- Onions

**Yellow & Orange**
- Squash
- Apricots
- Cantaloupe
- Carrots
- Corn
- Mangoes
- Nectarines
- Peaches
- Peppers
- Yams
- Apples
- Pumpkins
- Sweet Potatoes

**White & Brown**
- Bananas
- Pears
- Cauliflower
- Currants
- Dates
- Onions
- Garlic
- Mushrooms
- Raisins
- Shallots
- Turnips

**Green**
- Avocado
- Asparagus
- Broccoli
- Brussel Sprouts
- Celery
- Cucumbers
- Green Beans
- Peppers
- Kale
- Kiwi
- Pears
- Spinach
- Peas
- Zucchini

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**PARTNERS**

Alton Memorial Hospital · American Heart Association, St. Louis · Anderson Hospital · BJC School Outreach & Youth Development · Edwardsville High School · Gateway Region YMCA · Molina HealthCare of Illinois · Madison County Health Department · OSF Saint Anthony’s Health Center · Southern Illinois University Edwardsville · St. Joseph’s Hospital–Highland · St. Louis Dairy Council · University of Illinois Extension