



Nafissa Cisse Egbuonye, Ph.D., MPH
Director of Public Health

Date: _____

Dear: _____

It was great to talk with you yesterday. Enclosed you will find the materials that we discussed on the phone. I hope you find them helpful in reaching your goal towards living a heart healthy lifestyle. I will call you in a few weeks to see if you found the materials helpful.

Here are some local healthy options that are available in our community:

- **Hy-Vee Grocery stores** will take a customer on a **free** tour to learn about healthy foods when shopping. This is by appointment but is very worth the time it takes.
- **Planet Fitness**- located in both Waterloo and Cedar Falls has a membership option of \$10/month. Known for being a welcoming environment, their motto is "The No Judgment Zone".
- **Young Arena**, 125 Commercial Street in Waterloo, has walking hours available most days. It takes 7 trips around the track to equal a mile. You can call 319-291-4300 for a weekly update on hours. It is **free**!
- **Crossroads Center Mall**, 2060 Crossroads Blvd. in Waterloo, is open for **free** mall walking beginning at 6:30 a.m. Monday through Sunday. Estimated mileage (includes walking all hallways)-
Lower Level – Approximately 2.3 trips = one mile
Upper Level – Approximately 3 trips = one mile

Thank you for your time. Please let me know if I can be of further assistance.

Sincerely,

Gabbi DeWitt
Iowa *Care for Yourself* Program
Office (319) 292-2225