



Jane Charmelo

out & about

'Health Local' returns to cable TV

After a short hiatus, and through a special relationship with the DuPage County Health Department, "Health Local" is back on the air to offer area residents tips on how to get the most out of a healthy lifestyle.

The magazine-style monthly cable show is the brain child of Jay Wojcik, founder and president of Healthy Lombard, the local health initiative that augments the work she has been doing since 2009 to combat obesity in children — and help the adults in their lives better serve as role models.

Wojcik related that the show was launched roughly four years ago, with help from Lombard Elementary School District 44.

"The district was interested in supporting health-related information," she continued, in addition to its support for the cable show "Schoolscape".

More recently, though, Healthy Lombard made a new connection with the health department, which is one of Healthy Lombard's many partners and supporters. They spent about five months brainstorming over how to get the show going again.

Wojcik said she has gathered a number of individuals and organizations to contribute to the program, from partners to vendors from her February Fitness Fair, and even the local Senior Fair, where she has featured "seniors giving tips of their own on staying active."

"Health Local" typically involves five- to seven-minute segments, Wojcik explained.

Segments include such topics as:

- Chef's Corner: cooking segments that often feature students.
- The Doctor Is In: brief health tips by local or well-known medical professionals and/or nutritionists.
- Work Out Room: segments featuring Health Tracks, Glenbard District 87 high schools and more.
- Life Long Lessons: including health hints for senior citizens.
- Healthy Hints: the segment features information from health fair attendees, students from the National University of Health Sciences, College of DuPage nursing students and other healthy activities.
- Generation H: standing for "healthy," featuring students who share their favorite hints for healthy



PHOTOS COURTESY OF JAY WOJCIK Lombardian-Villa Park Review

"Health Local" is back on the air. The show, originated by Healthy Lombard founder Jay Wojcik, features segments about health-related topics from area professionals, health care providers and even residents who have cooking, exercise or other tips to share with viewers. Here, Dr. Eric from Olympia Chiropractic in Elmhurst demonstrates the ProAdjustor Machine.

exercise.

"People are willing to share," Wojcik observed. "The show has a following."

Health department public information officer Don Bolger said the partnership is working out well in terms of reaching a larger audience, after the department has featured segments of its own on YouTube and Facebook.

He said sharing information through "Health Local" has been "another avenue to get those messages to the public; to get the most out in the shortest amount of time possible."

Bolger offered as examples of health department videos a segment called "Tick Tuesdays," a five-video series, each three to five minutes in length, designed to educate the public about the need to "dress, defend, check and remove."

He described a special segment with Lulu Cerone of California, who set up a "LemonAID" challenge between the boys and girls in her fifth-grade class to raise money to help provide potable water in Africa.

That effort turned into LemonAID Warriors, which seven years later has

raised over \$100,000 for clean drinking water, children's education and other charities.

The organization also helps individuals and groups plan "PhilanthroParty" events to raise money for their own charitable causes.

Bolger mentioned, as well, that currently there are "a lot of projects in the works."

Wojcik echoed Bolger in saying that "Health Local" is "an easy way to get some down-to-earth health information," and emphasized, "None of the segments are commercials for anybody."

"It's a neutral show," she added, saying that there are credits and websites for those who want more information.

The Healthy Lombard founder believes the initiative, founded with the help of the late Lombard Village President Bill Mueller, is making a difference, as she sees the childhood obesity rates in DuPage County — Lombard, Villa Park and Oakbrook Terrace having the highest — falling slightly.

For instance, she continued, her Flat Apple summer program saw 175 families register and over 600 raffle tickets submitted, and added that families seek out opportunities to participate in healthy activities, such as at a recent Cruise Nights.

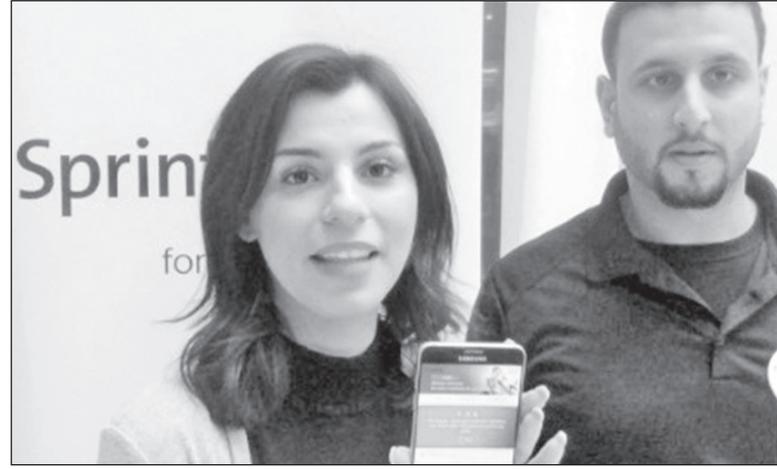
"People are looking for us," Wojcik said modestly.

She hopes adults will tune in not just to get ideas for helping their children live a healthier lifestyle, but also to learn healthier options for diet and exercise for themselves.

No matter what the activity level, Wojcik hopes they will watch the show and say, "I can do some of this stuff."

"You can start getting healthy now," she added.

"We need to have a healthy com-



A representative from Sprint shares information about the company's Health App.



College of DuPage dental students were among the guests, emphasizing the importance of brushing twice a day.

munity to be their [children's] support group," Wojcik said. "We're pushing that needle; that obesity rate is starting to fall."

"Health Local" airs on Lombard Channel 6 and ATT&T U-verse Channel 99 on Sundays at noon, Wednesdays at noon and 11 p.m., Fridays at 10 a.m. and Saturdays at 5 p.m.

The show can be seen on Comcast Channel 19 four times a month

on Tuesdays at 4:30 p.m. in many surrounding communities, from Aurora to Wood Dale, and here in Lombard and unincorporated Villa Park.

According to Wojcik, single segments can be viewed at www.youtube.com/healthylombard for viewers who don't have cable TV.

If you have an idea for a segment, contact Wojcik at Jay@healthylombard.com.

Weekly SUDOKU

by Linda Thistle

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DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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