



Welcome to NashVitality News! Every month we bring you healthy, active and green events and resources making Nashville a great place to live, learn, work, play & worship.

Is NashVitality Your Habit?



News & Events



So far this year, 63 walking groups and 2,090 total walkers have collectively walked more than 43,000 miles! There is still time to join a group or start logging miles on your own. Join Mayor Karl Dean to walk at Beaman Park, Saturday July 26 at 8 AM. The Trailhead is located at the [Beaman Park Nature Center](#).

Mayor Dean is also scheduled to walk at the Metro Center Levee



Before anyone said, "You are what you eat," Aristotle declared, "We are what we repeatedly do. Excellence, then, is not an act, but a habit." To live a healthy, active and green life, the three components of NashVitality, one must create good habits.

When habits form, good or bad, they require less energy (or cognitive load) from your brain - and decision making begins to happen automatically. However, your brain cannot distinguish between good habits and bad habits. If you suffer from injury

or go through a particularly exhausting period in your life, it may become a habit to come home from work and veg out in front of the television. But with good intentions and some tools, healthy, active and green habits can become a part of your daily life.

Good habits do not just happen at an individual level but also affect entire populations. Is health a part of your workplace culture? If so, it reinforces your individual habits. Do your neighbors frequently walk on your street? This activity may be a way to catch up on the latest neighborhood gossip but also helps to create a culture of health in your neighborhood and make walking a habit.

What are some healthy, active and green habits that you have formed in your life? How did you begin eating healthier; start that daily run; or remember to start turning the lights off when

Greenway, starting at the [Ted Rhodes Trailhead](#), from 7 PM until 8:30 PM, Thursday July 31.

There are also many walks scheduled to take place in August. [Click here](#) for the Walk 100 Miles with the Mayor calendar

Last Saturday, July 19, Metro Public Health Department and Metro Nashville Public Schools partnered to host their first Enrollment Event. The event was designed for "one stop shopping" enrollment, where parents could enroll their children in school, obtain a birth certificate and get required immunization. Family Children's Services provided information on the Affordable Care Act to families. 400 students with their families attended the event with 110 students having all the requirements to enroll in school.

Metro Public Health Department's main location, the Lentz Public Health Center, is moving. The new Lentz building is located at [2500 Charlotte Avenue](#). There will be a ribbon cutting July 30, with Mayor Karl Dean in attendance. Some healthy features of the new Lentz Center include a public outdoor walking track, a beautiful featured staircase, and a B-Cycle Station. The building is certified LEED Silver.

you leave a room? How did you replace a daily craving; start going to the gym; or begin separating your recycling?
[Click here](#) to share your NashVitality habits and how you formed them!

[Click here](#) for more information about the Charles Duhigg's book *The Power of Habit*, with helpful information on how bad habits form and how to replace them with good habits - as individuals, organizations and societies.

[Click here](#) and [here](#) to learn more about other famous philosophers, writers, and psychologists' ideas on forming good habits

