

# Inside the pages of

# get Healthy

Your Healthy Lifestyle Resource



## It's the little things

Consistent small habits are building blocks of a healthier lifestyle



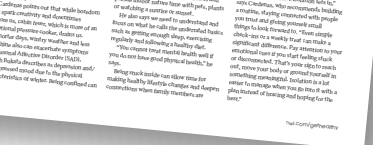
Carol Rogers

## GREAT INDOORS

Keep up with routines, pursue new initiatives, re-establish social connections to cool cabin fever



Jane Anderson



Strack & Van Til launches virtual dietitian services

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**Get Healthy magazine** is Northwest Indiana's leading resource on health and wellness. From food and fitness to motivation and inspiration, Get Healthy is a fresh, uplifting source for men, women, and families who desire a healthy lifestyle.

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