

GREATER WILLIAMSBURG ROUNDUP**Healthy tips on tap**

WILLIAMSBURG — Leadership Historic Triangle, a class that taps the talents of emerging local leaders, will focus on obesity as its 2011 class project.

“Historic Triangle Healthy Habits” relies on a three-pronged approach.

Restaurants will be asked to highlight their healthiest menu items and portion sizes, and the class will provide a registered dietician to offer advice. So far, seven local restaurants are participating.

Fitness markets held during area farmers markets will in-

clude activities and demonstrations by local chefs, parks and recreation staff and local health-related organizations. The markets debut May 7 in Williamsburg and May 14 in Yorktown.

A recipe exchange will encourage residents and chefs to submit healthy and budget-friendly recipes on the program’s Facebook page.

Learn more about Historic Triangle Healthy Habits at [leadershiphistorictiangle.camp7.org](http://leadershiphistorictriangle.camp7.org).