

WEEKLY HEALTH CHALLENGES

1 Pack Healthy Snacks

This helps avoid salty and sugary snacks, save money and take the first step toward eating healthy.

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2 Eat at least 5 Servings of Fruit & Veggies

Eating a diversity of colorful foods can be an easy way to get a complete range of the vitamins and minerals your body needs to thrive.

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3 Eat a Healthy Breakfast

Make the effort to eat a healthy option and start the day on the right track.

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4 Drink Enough Water

Proper hydration is important for body function including nutrient transportation, energy levels, and temperature regulation.

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5 Take a Mindfulness Break Everyday & Breathe

This can be as simple as taking a deep breath, hold it, and exhale. Repeat.

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6 Sleep

How much is enough? Listen to your body. Getting a good night sleep is important to your mental, physical, cognitive, and emotional well-being.

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7 Stretch It Out

Dedicate 5-10 minutes daily to stretch your arms, legs, neck, shoulders, and back - you'll feel so refreshed.

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8 30 Minutes of Movement

Break it up into 10 minute segments if needed.

