



## Healthy Way to Grow Staff Wellness Challenge

Are you ready to take control of your health with the *Healthy Way to Grow* Staff Wellness Challenge? This four-week challenge will encourage you to live a healthier lifestyle and have fun while doing it!

**Guidelines:** Over the next four weeks, complete as many activities in the grid as possible. Put a check mark in the box when you complete the activity. At the end of the four-week challenge, running from **February 27 to March 26**, count up the number of activities that you completed and put the total in the bottom, right hand corner of this paper. Complete 12 or more activities to win a *Healthy Way to Grow* water bottle and be entered into a drawing to win a Fitbit!

|                      | Add Color  | Eat Smart   | Move More  | Be Well   |
|----------------------|--|---|--|---|
| <b><u>Week 1</u></b> | <input type="checkbox"/> Add color to mainstays like mac & cheese, pasta and rice with a handful of frozen or mixed veggies.   | <input type="checkbox"/> Snack healthy – eat apples, carrots, bell pepper sticks, low-fat yogurt or unsalted nuts   | <input type="checkbox"/> Turn down time into active time. If watching TV, challenge yourself by doing crunches, jumping jacks or jogging in place. | <input type="checkbox"/> Carry a refillable water bottle throughout the day to quench your thirst. Add slices of citrus, berries, mint or cucumbers for flavor.       |
| <b><u>Week 2</u></b> | <input type="checkbox"/> Look at your plate as a whole when you eat. If it's looking too beige, add a serving of fruits or veggies.  | <input type="checkbox"/> Sit down and eat as a family at home – or invite friends over to share a healthy meal.   | <input type="checkbox"/> Make time for activity – break it up into 10-15 minute segments at times that are convenient for you.                     | <input type="checkbox"/> Get better sleep by being active, limiting caffeine (especially before bed), and establishing a calming bedtime routine.                     |
| <b><u>Week 3</u></b> | <input type="checkbox"/> Roast vegetables in high heat to caramelize and reduce bitterness.  | <input type="checkbox"/> When grocery shopping, read nutrition labels to compare serving size, calories, sodium levels and added sugar.                         | <input type="checkbox"/> Start your day right – include time for yoga poses in your morning routine.   | <input type="checkbox"/> Focus on healthy outlets for your stress, like taking a walk, journaling, volunteering or a hobby that you love.                             |
| <b><u>Week 4</u></b> | <input type="checkbox"/> Canned, frozen and dried fruits and vegetables are just as nutritious as fresh – check nutrition labels to find options with the lowest amounts of salt and added sugars. | <input type="checkbox"/> When eating out, go for grilled options instead of fried and look for ways to add color – switch out fries for apples or a side salad. | <input type="checkbox"/> Grab a friend and go for a brisk walk during your lunch break.  | <input type="checkbox"/> Practice deep breathing techniques throughout the day by inhaling through your nose and exhaling through your mouth slowly and deliberately. |

NAME: \_\_\_\_\_

TOTAL CHALLENGES COMPLETED: \_\_\_\_\_