



HEALTHY LIVING challenge



TEAM CHALLENGE TASK CARD

Task	Points	Why should I?
Fit in some exercise!	1 min = 1 point (max 60 points)	Sit less and move more! For every minute of exercise, claim 1 point. To encourage all ability levels, you may earn a maximum of 60 points per day.
Eat more fruits and veggies.	1 serving = 1 point	A diet rich in fruits and vegetables <u>may reduce the risk of stroke, type II diabetes, cancer, and heart diseases.</u> Tip: Ensure half your plate is fruit and veggies! *1 serving = ½ cup or medium fruit/veg, 1 cup or fist-size salad
Hydrate with water.	1 8oz glass = 3 points	Water is <u>essential to maintain homeostasis of bodily fluids</u> , which are important for digestion, absorption, healthy skin, kidney and bowel function. Tip: Have water with every snack and meal, and always keep a bottle with you!
Limit caffeine intake to less than 3 cups of tea or coffee per day.	5 points	An 8oz cup of coffee has 135 mg of caffeine, black tea has 43 mg, and a can of coke has 36-46 mg. Research shows that too much caffeine (>400 mg) may cause insomnia, nervousness, headaches, and irritability. Some caffeine is okay, but keep it in check!
Be grateful! Write down 3 things you're thankful for, each day.	10 points	Every day is better with an Attitude of Gratitude. Focus on your blessings and what you have, rather than what you don't. Check out the Resource Centre for some more support!
Deep breathing is beneficial! Take 10 deep breaths at your workstation.	10 points	Deep breathing allows you to pause and re-set. The key to deep breathing is to breathe deeply from the abdomen to get as much fresh air as possible into your lungs. Try it!
Take a break and relax for 15 minutes.	15 points	Research suggests that, regardless of your total sitting time, <u>regular interruptions from sitting</u> (even simply standing up) may help to <u>reduce your risk factors for developing coronary heart disease and diabetes.</u>
Try a healthy recipe.	30 points	Check out the Resource Centre for some sample EWSNetwork recipes. They are carefully selected to be nutritious, easy to make, and delicious! Even if you're not a cook, give a simple recipe a try.