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| **NEW YEAR, NEW YOU WEEK 1: BETTER NUTRITION IN 2012**  **Rules:** Complete as many tasks as you can this week. For any 4 tasks completed, enter your name on a ballot for prize draws.  Maximum of 6 ballots with full card & more chances to WIN! | | | | | |
| Ate oatmeal with fruit for breakfast | Packed lunches the night before | Took a multi-vitamin | Wrote down 5 nutrition-based goals for 2012 and put in visible place for me to read everyday | Ate 2 tbsp ground flax (smoothie, toast, oatmeal) | For dinner, my plate consisted of at least two bright colors |
| Drank a cup of Green tea | Ate Greek yogurt or cottage cheese with fruit | Ate 1 medium orange fruit or ½ cup orange vegetable | Ate three servings of fish this week | Ate 2 cups of dark, green, leafy vegetables | Made a grocery list |
| Menu-planned for ONE week of meals | Drank 6-8 glasses of water | Avoided caffeine after 3pm | Lunch [for me/my family] consisted of a vegetable, fruit, grain, and protein, everyday this week | Drank a cup or Rooibos tea [for heart health] | Cooked or baked with the kids |
| Ate quinoa | Ate meat alternatives (beans, lentils, tofu) | Drank a spinach smoothie | Tried a new, healthy recipe for dinner | Filled half my plate with vegetables for dinner | Dinner [for me/my family] consists of a vegetable, grain, and protein] |

**Did you know?**

* *Did you know* that making healthy nutritional choices is directly linked to a better mood?
* *Did you know* quinoa is a grain that is low in sugar, high in fibre, and high in protein?
* *Did you know* that orange-colored fruits and vegetables help with vision health?
* *Did you know* that eating breakfast is the meal that kick-starts your metabolism for the day?
* *Did you know* that oatmeal is a power food for lowering cholesterol and blood pressure?
* Make 2012 your healthiest year yet!

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| **NEW YEAR, NEW YOU WEEK 2: CONSISTENT EXERCISE IN 2012**  **Rules:** Complete as many tasks as you can this week. For any 4 tasks completed, enter your name on a ballot for prize draws.  Maximum of 6 ballots with full card & more chances to WIN! | | | | | |
| Took the stairs instead of the elevator whenever possible | Booked (or have already booked) a wellness consultation | Wore a pedometer for the whole week | Completed at least 20 mins of resistance exercise | Chose not to watch TV or sit in front of the computer after supper and went for a walk instead | Wrote down 5 exercise-based goals for 2012 and put in visible place for me to read everyday |
| Took a brisk walk for at least 30 minutes | Did 15-20 reps of upper body exercises (shoulders, chest, biceps, or triceps) | Did 20 minutes of jogging, swimming, or cycling | Ate a lean, high protein meal after exercising (eggs, hummus, greek yogurt) | Increased intensity on any cardio machine (speed, incline) by 2 increments | Did physical activity with the family (skating, swim, walk in the park) |
| Did 3 sets of plank, holding for at least 35 seconds | Took a brisk walk for at least 40 minutes | Did 10 minutes of core exercises | Logged at least 6000 steps with a pedometer every day this week | Did 20-30 reps lower body (quads, hamstrings, glutes) | Went for a refreshing walk at lunchtime |
| Parked as far away from destination as possible and walked | Tried a new physical activity or group exercise class for 30 minutes | Did 15 reps of push ups, sit ups and lunges each | Played a sport or attended a fitness class with a friend | Stretched for at least 10 mins each day this week | Did 15 reps of ergonomic stretches [shoulder roles and wrist roles] |

**Did you know?**

* Did you know walking 30 minutes per day can lead to 15 lbs of weight loss in one year?
* Did you know that resistance exercise can help ward off osteoporosis and improve bone health?
* Did you know that eating a high-protein meal after exercise helps with recovery and development of muscle tissue?
* Did you know that walking only 6000 steps a day drastically lowers mortality rates?
* Did you know that participating in a FREE wellness consultation with one of the health coaches can help you achieve your goals for 2012? Email [info@EWSNetwork.com](mailto:info@EWSNetwork.com) to book yours!

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| **NEW YEAR, NEW YOU WEEK 3: STRESS REDUCTION & IMPROVED SLEEP IN 2012**  **Rules:** Complete as many tasks as you can this week. For any 4 tasks completed, enter your name on a ballot for prize draws.  Maximum of 6 ballots with full card & more chances to WIN! | | | | | |
| Booked my medical for this year | Enjoyed some “me” time for at least 15 min | Wrote at least 5 goals for 2012 and placed them in a visible place | Moved my alarm clock as far away from bed as possible [covering it makes it even less distracting!] | Read a relaxing book 15 min before sleep | As a family, chose a charity to support or volunteered for something |
| Took 10 deep breaths, twice | Practiced deep breathing before falling asleep [take 10 deep breaths, twice] | Drank a cup of chamomile tea | Ate a healthy mid-afternoon snack (nuts, yogurt, fruit) | Arranged a time to talk with/meet a good friend | Wrote down what I am thankful for from the day before sleep |
| De-cluttered work space at home or in the office | Ensured my room was very dark [you shouldn’t be able to see your hand in front of your face] | Wrote down at least 3 things I am thankful for | Turned off TV or computer at least 1 hour before sleep | Ate a purple fruit [stress-reducing properties].  Ie: blueberries, blackberries, plums | Complimented a co-worker |
| Made a double batch of food so to alleviate needing to cook later | Sweated out tension with a good workout [at least 30 mins] | Wrote in my journal | Got 7-9 hours of sleep | Avoided caffeine after 3pm | Wrote a TO-DO list for the week or weekend |

**Did you know?**

* Did you know that writing down goals and reading them, every day, can significantly increase your chances to achieving them?
* Did you know that eating purple/blue foods help with the relaxation-response?
* Did you know that exercise is the best way to ward off cortisol [stress-hormone] production?
* Did you know that limiting distractions in your bedroom [no TV, no computer, no phones, alarm clock is covered or facing away from you, dark and cool room] can illicit better melatonin production, thus better sleep?