

Swing Into Spring Spell-Off

This challenge is designed to get you reinvigorated this spring – refresh your eating habits, your physical fitness, reduce your stress, strengthen your relationships and take time out for yourself. Perform the task to earn the letter and collect letters to spell words! “X” is a free letter – use as needed! The longer the word, the more points you will earn. At the end of the challenge, the team with the most points/average wins!



Use whole grain pA stas in your lunch or dinner	Eat a healthy B reakfast	Do 3 sets of 10 abdominal C runches	D rink 8 glasses of water	E at two servings of raw food in one day
Let the kids pick out some F resh produce at the market	G o for a bike ride with the kids	H ug someone!	Listen to your favourite I nspirational music on your commute to work	Tell a co-worker they are doing a good J ob (& be specific!)
Try a cardio- K ickboxing workout (check out YouTube for free videos!)	Call someone and tell them you L ove them	M editate for 10 minutes	Get a good N ight's sleep (at least 7 hours)	Get a serving of O mega-3 fatty-acids (salmon, flax seeds, walnuts)
P lay a board game as a family	Take 15 minutes of Q uiet time for yourself. No music, no kids, no electronics!	R ead a book or a favourite magazine for 20 minutes	Spend 15 minutes in the S unshine!	Try a new flavor of herbal T ea
U nwind after work by doing 10 minutes of stretching at home	Eat at least three servings of V egetables in one day	Take a 10 minute W alk to de-stress on your lunch break	Try a Y oga video on YouTube or a class at the gym/studio	Take the family for fro- Z en yogurt (or make fro-yo sundaes at home!)