

**Healthy Living Challenge**

Have you ever said, “I need to exercise more,” or, “I’m going to eat healthier,” but needed some kind of motivation to get you disciplined? EWSNetwork is challenging you to put some healthy living habits into practice. Are you up for the challenge?

**Instructions:**

Welcome to our Fall Healthy Living Challenge! The goal of this challenge is to encourage you to focus on activities that will help you be the healthiest person you can be! The challenge will take place from \_\_\_\_\_ to \_\_\_\_\_\_. Register by signing up on the wellness board OR by emailing \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Registration ends on \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

During this four-week challenge, each individual will log his or her daily exercise minutes on the scorecard provided.  **A daily exercise maximum of 60 minutes is also set**, to encourage participants of all athletic abilities.  There are also lots of BONUS points to be awarded!

**Scoring:**



Tally up your scorecard each week and submit the grand total to \_\_\_\_\_\_\_\_\_\_\_.

A prize will also be given to the one participant who has the most points! In the case of a tie, a winner will be randomly drawn.

**Examples of Exercise:** Brisk walking, jogging, using a rowing machine, elliptical, swimming, playing a sport, resistance training, yoga … aka *intentional* physical activity outside of your usual daily activities.

**Bonus Points:**

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| Task | Points | Why should I? |
| Drink at least FIVE 8oz glasses of water each day. | 10 | Water is essential to maintain a homeostasis of bodily fluids important for digestion, absorption, keeping the skin looking good, and helps your kidneys and bowels! Have water with every snack and meal and always keep one at your desk and in the car! |
| Limit caffeine intake to less than 300mg per day. | 10 | An 8oz cup of brewed coffee has 135 mg of caffeine, black tea has 43 mg, and a can of coke has 36-46 mg. Research has shown that having too much caffeine (>400 mg) may cause insomnia, headaches, irritability, nervousness. It’s okay if it’s part of your daily routine but keep your caffeine limit in check (Health Canada, 2012). |
| Taking a break away from your workstation during lunch. | 15 | New evidence suggests that regardless of what your total sitting time is, regular interruptions from sitting (even as little as standing up) may help to reduce your risk factors for developing coronary heart disease and diabetes (Heart Foundation, 2011). |
| Eating 5-7 servings of fruits and/or veggies per day. | 20 | A diet rich in fruits and vegetables may reduce risk for stroke, type II diabetes, cancer and heart diseases. The high potassium content helps maintain healthy blood pressure while the fiber helps reduce cholesterol levels. Aim for blueberries, citrus, cranberries, strawberries, broccoli, spinach, tomatoes and garlic! |
| Try a recipe that we have promoted and provide feedback. | 20 | All EWSNetwork recipes are carefully selected to be nutritious, easy to make, and delicious! Even if you’re not a cook, give a simple recipe a try. |
| Share your success story. | 50 | Have you made improvements to your diet, lost weight, improved your fitness habits or quit smoking because of EWSNetwork? Talk to your wellness consultant and write a quick blurb about this to win 100 points!! |
| Take a “wellness photo.” | 50 | What does wellness mean to you? Take a photo of you exhibiting “wellness.” Do a handstand, drink water, include the family… the sky is the limit! |
| Book an appointment with your on-site wellness consultant. | 50 | A win-win situation! Earn bonus points while getting one-on-one support on how to live a healthy lifestyle. |
| Book an appointment for an annual physical exam if you have not done so already. | 75 | Be accountable of your own body – this may help reassure things or catch health problems before they get too serious! It’s also important for screening certain cancers and cholesterol levels. |