

# HEALTHY LIVING CHALLENGE

## HOW TO EARN POINTS

TASK	POINTS	WHAT'S IN IT FOR ME?
Make it your goal to do some sort of physical activity daily.	1 min = 1 point (max 60)	Examples of physical activity: brisk walking, jogging, using a rowing machine, elliptical, swimming, playing a sport, strength training, yoga, etc. To earn points, this should be intentional physical activity outside of your usual daily activities.
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! Always keep a bottle of water at your workstation and in the car and sip on it throughout the day.
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 shows 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).
Write down 3 things for which you are grateful.	10	Gratitude can increase your appreciation for life and puts things into perspective. It helps us realize what we have and actually makes us happier.
Take 10 deep breaths at your work station.	10	Deep breathing increases the supply of oxygen to your brain and stimulates your parasympathetic nervous system, which promotes a state of calmness. So, to reduce your stress, just breathe – it's easy, free and you can practice this anywhere.
Take time to chill (relax!) for 15 minutes.	10	A rested, relaxed and empowered you will be better able to remain focused and calm. Take time to self-care and don't even think about feeling guilty! Read, listen to music, breathe, do stretches, etc.
Eat 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 disease. The high potassium content helps maintain healthy blood pressure while the fibre helps reduce cholesterol levels. Eat a wide variety of colourful fruits and vegetables to get the nutrients you need.
Try a healthy recipe and share with your team.	20	Select a healthy recipe that you like to make and share it with your team! Even if you're not a cook, give a simple recipe a try – in fact, easy is often better. <b>Note:</b> Each member of your team can only share 1 recipe per week to collect points (but feel free to share more).
Take a team photo, exhibiting wellness.	50	Here's where you can get creative! What does wellness mean to you? Take a photo of your team exhibiting "wellness." Do a group walk, plank challenge, try a green smoothie, do some stretches... have fun with it. <b>NOTE: Only your team captain can record these points, one time during the challenge.</b>