

# HEALTHY LIFESTYLE POKER CHALLENGE

## TASK CARD #2

Set 1	Set 2	Set 3	Set 4	Set 5
<b>Healthy Eating:</b> Eat a mid-morning snack today	<b>Hydration</b> Drink two cups of green tea today	<b>Fitness</b> Hold plank for 20 seconds	<b>Hydration:</b> Drink 8 glasses of water today	<b>Fitness:</b> Do 15 minutes of resistance exercise today
<b>Fitness:</b> Stretch for 10 minutes today	<b>Hydration:</b> Drink two cups of herbal tea today	<b>Healthy Eating:</b> Eat 2 servings of vegetables (1 serving = 1 cup salad, ½ cup broccoli, peas, carrots, etc.)	<b>Fitness</b> Go for a walk on your lunch or break today (15 min)	<b>Healthy Eating:</b> Eat some protein today (fish, chicken, eggs, beans, dairy, nuts)
<b>Healthy Eating:</b> Eat a source of good fats today (fish, avocado, raw nuts and seeds etc.)	<b>Fitness:</b> Do 15 minutes of resistance exercise	<b>Hydration:</b> Drink 8 glasses of water today	<b>Healthy Eating:</b> Eat 1 serving of fish (size of palm of your hand)	<b>Healthy Eating:</b> Pack a salad for lunch
<b>Healthy Eating:</b> Eat a mid-morning snack today	<b>Fitness:</b> Go for a 15 mins walk on your lunch or break today	<b>Healthy Eating:</b> Eat 2 medium fruit	<b>Hydration:</b> Drink two cups of green tea today	<b>Fitness:</b> Stretch for 10 minutes today
<b>Healthy Eating:</b> Eat 1 serving of fish (size of palm of your hand)	<b>Healthy Eating:</b> Eat a mid-afternoon snack today	<b>Healthy Eating:</b> Eat 2 servings of vegetables (1 serving = 1 cup salad, peas, broccoli, carrots, peppers etc.)	<b>Fitness:</b> Do 15 minutes of resistance exercise today	<b>Hydration:</b> Drink 8 glasses of water today

### Reminders:

- As a team, complete each vertical set of tasks.
- Each member can choose the tasks he/she would like to complete.
- Once completed, cross off that task.
- Each completed vertical set of tasks = 1 playing card
- Maximum cards after one week = 5 cards
- Determine the BEST poker hand of 5 cards! Good Luck!

**BEST HAND  
WINS!**

**\*\*Refer to instruction sheet for further details\*\***