

HEALTHY HABITS CHALLENGE

LET'S GET STARTED!

WELCOME TO WEEK 1 OF THE HEALTHY HABITS CHALLENGE

The goal of this challenge is to encourage a healthier lifestyle with an immediate impact through participation in small achievable healthy tasks (ex. Drinking more water, eating fruits and vegetables, etc.) and by having FUN! Unlike large intangible goals, consistent daily tasks will keep you motivated and help you maintain new habits as long as possible, hopefully for a lifetime. Through weekly task cards three key areas will be addressed to help you take care of your health – now and in the future.

Eating healthy, getting more exercise, and staying hydrated help you to control weight, reduce stress, relieve symptoms of depression and anxiety, increase energy, and improve sleep. Even more, stronger muscles and bones, prevention of diabetes, heart disease, osteoporosis and cancer are a few of the many benefits (Ministry of Health and Long-Term Care, 2011)! Experience how, over the course of 2 weeks, small changes can have a surprisingly big impact. Are you up for the challenge?

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WAYS TO KEEP YOUR EYES ON THE PRIZE!

1. Bring in some bling – in the form of a fancy reusable water bottle.
2. Designate a member of your team to bring in a healthy snack this week.
3. Create a team basket with a few essentials like a fruit, trail mix, granola bar, green and herbal teas...etc.
4. Share ideas on where to best perform the fitness tasks.
5. Do tasks together! Friendly motivation will make the challenge fun and get the tasks done!

