

HEALTHY HABITS CHALLENGE

HOW WILL YOU TAKE IT FROM HERE?

YOU DID IT!

Congratulations! Challenge complete! You've completed the tasks, earned your ballots, and worked as a team toward a healthier lifestyle. Now that the challenge has ended, a continued focus on implementing small changes will help to form healthy habits. Create your own personal task cards and fill in the blanks! Here are a few ideas to get you started.

HYDRATION

- Drink an extra glass of water today.
- Try a new herbal tea.
- Eat a water rich snack like cucumbers, watermelon, strawberries.
- Try a sparkling water to replace juice or pop.
- Download a hydration app like Gulp or Water Alert.

HEALTHY EATING

- Share a healthy snack.
- Try a new fruit.
- Have a vegetable for mid-morning snack each day
- Try a smoothie for breakfast.
- Have greens with dinner 2 times a week.
- Eat more fiber. Add 2 tbsp of chia, hemp, or pumpkin seeds into your day.
- Join a cooking class.
- Replace one lunch out and brown bag it.

FITNESS

- Jog on the spot for 30 seconds. Rest for 10 seconds. Repeat.
- Park the car 1 block from work and walk.
- Take all calls standing up and moving your feet.
- Commit to stretching before taking a break.
- Make a playlist you will enjoy during activity.
- Track your steps and set goals.



*"Creating an overall healthy lifestyle for yourself doesn't require a radical diet or significant life change. In fact, it can be attained through (everyday) decisions about the way we eat, move, and live."
Harley Pasternak*