

HEALTHY LIFESTYLE POKER CHALLENGE

TASK CARD #2

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

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

**BEST HAND
WINS!**