

## Water Challenge

Record the number of days you drink at least 60 to 80 ounces of water.

At the end of the month, total the number of days you drank at least 60 ounces of water. You must do this at least 25 days this month to complete this challenge. Place an "X" on each date that you meet the challenge. Then keep up the practice for a lifetime of best health. Return this Water Challenge to City Hall or the Civic Center to receive your extra 2 points for the month.

# January 2017

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

\_\_\_\_\_  
Employee Name

\_\_\_\_\_  
Employee Signature

# Fruits & Vegetables

Fruits and vegetables are high in vitamins, minerals and fiber – and they’re low in calories. Eating a variety of fruits and vegetables may help you control your weight and blood pressure.

## **Which fruits and vegetables are best?**

That’s easy: They’re all good! If you eat many different types of fruits and veggies, you’re sure to get all the different types of nutrients you need. The American Heart Association recommends filling at least half your plate with fruits and veggies in order to make it to the recommended 4-5 servings of each per day. The good news is that all produce counts, which means canned, dried, fresh and frozen varieties can help you reach your goal.

When buying canned, dried or frozen vegetables and fruit, be sure to compare food labels and choose the products with the lowest amount of sodium and added sugars.

To complete this challenge, you must eat your recommended servings at least 20 days during the month of February. Place an “X” on each date that you meet the challenge. Return this Challenge to City Hall or the Civic Center to receive your extra 2 points for the month.

# February 2017

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

\_\_\_\_\_ Employee Name

\_\_\_\_\_ Employee Signature

# Walking: Trim your waistline, improve your health

## Know the benefits

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

For example, regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits.

To complete the challenge, you must walk for 30 minutes 5 days each week for the month of March. Place an "X" on each date that you walk. Return this Walking Challenge to City Hall or the Civic Center to receive your extra 2 points for the month.

# March 2017

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

\_\_\_\_\_ Employee Name

\_\_\_\_\_ Employee Signature