WELLNESS

CHALLENGE

# Eat smart, stay active

## Take steps toward healthier living

Want a healthier lifestyle for yourself but don't know where to begin? It's easy. Start by making a few smart choices each day. Choose actions that can help you eat better and increase physical activity. The longer you commit to this new behavior, the better your results. You'll be surprised at how easily you can turn daily actions into lifelong habits.

### Start your challenge today

Practice healthy lifestyle habits by eating well and staying active.

It's simple:

- Complete at least **3 out of 8** healthy lifestyle habits each day for 21 days.
- **Track and check off** the habits you complete each day.
- **Don't worry if you miss a day**. Just get back on track as soon as you can.

ActiveHealth MANAGEMENT

WELLNESS

CHALLENGE

# Live better, feel better

## Complete at least 3 of the following healthy lifestyle habits each day.

1. **Drink enough water.**
   Make sure you have six to eight 8-ounce glasses of water per day.
2. **Don't skip meals.**
   Aim to eat at least three full meals a day. Stay organized by planning meals ahead of time.
3. **Fill your plate with fruits and vegetables.**
   Eat three or more servings of fruits and vegetables each day.
4. **Have healthy snacks on hand.**
   Replace high-calorie snacks with better options such as trail mix, nuts or dried fruit.
5. **Exercise your heart.**
   Get 30 minutes of activity each day. Try power walking, jogging or jumping rope.
6. **Remember to stretch.**
   Regular stretching can improve your flexibility. Practice yoga or other flexibility exercises.
7. **Strength train.**
   Do squats, push-ups or planks. Work on strength training 30 minutes a day, 2 days a week.
8. **Buddy up.**
   Invite a friend to exercise or share a healthy meal with you. Or both.



ActiveHealth MANAGEMENT

# **TRACK** your healthy lifestyle habits

## See how well you're doing

Check off the healthy lifestyle habits you complete each day for the next 21 days.

| | Activity | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| **Day** | Drink more water | Don't skip meals | Fill your plate with fruits and vegetables | Have healthy snacks on hand | Exercise your heart | Remember to stretch | Strength train | Buddy up |
| **1** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **2** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **3** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **4** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **5** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **6** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **7** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **8** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **9** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **10** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **11** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **12** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **13** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **14** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **15** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **16** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **17** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **18** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **19** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **20** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **21** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |