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Challenge yourself and your coworkers to complete 30 challenges between September 2016 and September 2017. Whether you are already fit or are a couch potato, a clean eater or a junk food junkie, step up your game to celebrate CommonHealth's 30th anniversary! Most challenges are only a week; some are longer. If a time frame is not mentioned, try the challenge for at least 2 weeks. Save this document, track your progress, print and return it to your Agency Coordinator.

Challenges & Descriptions : Complete in order of your choice except those with specified timeframes	Date Completed
1. Step to It... : Hit 10,000 steps per day, for a 7 days! 2000 steps = 1 mile=18 minutes of walking	
2. HYDR8 U : Water drinking challenge-whether you are trying to switch from sugary drinks or just trying to get more H2O, this is a great one! Drink 8 glasses of 8oz. of water each day. Try it for at least a week.	
3. Keep It Clean : Wash your hands! Sounds simple, but many don't. Wash after using the restroom, sneezing, and coughing and before eating. Don't forget under your nails and between your fingers.	
4. Fruit Up : Eat more whole fruits. They make perfect snacks, so grab a piece of fruit twice each day this week—maybe the habit will stick, and you will break the date with the vending machine.	
5. Got to Move It, Move It : For at least a week, add 30 minutes of movement to your day-can be done all at once or in 3 sessions of 10 minutes. You can walk, run, garden, vacuum, bike, Zumba—whatever you like!	
6. New Horizons : Try something new to eat each day this week. Perhaps a vegetable or protein source you have not had lately—or one you thought you disliked. Try a new recipe. Remember that sometimes it takes trying something several times before you may adjust to it.	
7. Maintain, Don't Gain! : This is a holiday season challenge . It is a difficult time to try to lose weight, but you are doing something good for your body if you just don't gain any! Write down your weight on November 21 and compare it on January 2 . Celebrate wisely and get calorie burning in your schedule. Try to keep it within 2 pounds!	
8. Stretch Yourself : For at least a week, add a stretch break in mid-morning, mid-afternoon, and mid-evening. Pick 3-5 stretches to do at each break—you may want to focus on your tight areas or try to hit all areas by the end of the day.	
9. Start Off Right : For at least a week, be sure to have breakfast! A lean, protein-filled meal will kick your day off with energy. If you already eat this meal every day, make it healthier—more fruit, vegetables, or protein and less sugar and sodium.	
10. Screen Yourself : Take some time away from screens. While at work, a computer may be a must, but use the 20-20-20 rule- after 20 minutes, look at something 20 feet away for 20 seconds. Avoid extra screen time by letting go of your smartphone on breaks, and not using the TV, phone, tablet, or computer as your down time. Try moving, reading, writing, or chilling with friends and/or family.	
11. B Gr8ful : Each day for at least week, take a few moments to write about something for which you are thankful that day.	
12. Veg Out : Eat more vegetables—aiming for 5-7 servings each this week. Add spinach to your eggs, pack carrots for a snack, have a salad for lunch, and have steamed veggies for dinner—add them in any way you can!	

<p>13. Expand Your Horizons: Each day this week, try an activity you have not done in a long time if at all. It could be yoga or rollerblading, painting or coloring, swimming or racquetball.</p>	
<p>14. Get Your ZZZ's: We all need our sleep! This week, take the time to go to sleep at least 15-30 minutes earlier.</p>	
<p>15. Pack and Snack Well: Take time to pack your own lunch and snacks. Be sure to toss in some extra veggies and whole fruits. This can help you save money and eat healthier.</p>	
<p>16. Spread the Health: Try to do something each day to help those around you be a little healthier. Bring a healthy snack into the office for all to try, invite a friend to go for a walk, play outside with your children, volunteer in your community.</p>	
<p>17. Calm Your Mind: Try a breathing technique daily for a week in order to relax your mind and body. Try some at: http://www.webmd.com/balance/stress-management/tc/stress-management-breathing-exercises-topic-overview</p>	
<p>18. Love the Skin You're In: Protect your skin, wear sunscreen—everyday. Need help choosing a sunscreen? http://ed.ted.com/lessons/which-sunscreen-should-you-choose-mary-poffenroth#watch. Start with a week, make it a habit.</p>	
<p>19. Drop It Like It's Hot: Maintaining a healthy weight is important to overall health. If you are overweight, try to lose some. Aim to lose 10% of your body weight, but you can check this off by starting with your first 5%.</p>	
<p>20. Breathe Clean: If you smoke, quit. It is a big step toward better health! Need help? Call 1-866-938-0349.</p>	
<p>21. Healthy Mouth, Healthy Body: Brushing and flossing are basic to overall health. Brush twice per day and floss daily.</p>	
<p>22. Lift It!: Weight training is as important as cardio, so don't leave it out! Do weight training—using a gym, free weights, or even your body weight—twice a week for at least a month.</p>	
<p>23. Cut It Down: Consume fewer sugary drinks like sodas, teas, and juices. Switch out at least one drink to water per day.</p>	
<p>24. Omega More: Eat more omega fats. Salmon, nuts, and legumes are all great sources.</p>	
<p>25. Portion-size, not Super-Size: Be sure to check your portion sizes on boxes or use your hands! A good chart is found at https://www.pinterest.com/pin/56154326577381000/. Try cutting back your portions as needed for at least two weeks. Give yourself time to get used to the smaller portions.</p>	
<p>26. Think About It: Work outs aren't just for biceps—they're for your brain too! Engage in puzzles and games that make you think, recall, spell, learn, or problem solve! Go old school with scrabble or try a video game like Super Mario 3D World. Spend at least 10 minutes daily for a week.</p>	
<p>27. Wear a Helmet: Helmets aren't just for kids! Protect yourself-- accidents happen to anyone! 88% of brain injuries can be prevented by wearing a helmet. Protect your head while riding a bike or quad, skating, and at all times.</p>	
<p>28. LOL: For real—not just on social media. Laugh—it may just be the best medicine. Read, watch, listen, or talk about something funny. Make a point of doing something that makes you laugh at least twice a day for a week.</p>	
<p>29. Dash Less: Limit your sodium use. Sodium levels in processed and prepared foods are high to start, so try not to add to them. Eating more whole foods will be an easy way to cut down your sodium.</p>	
<p>30. CommonHealth More: Be sure to attend CommonHealth campaigns, visit our website, read the weekly WellNote and Wellness Wednesday emails, and participate in the challenges. Try this all year long.</p>	

Name :

Agency & Location:

Email Address:

Phone:

Return completed form to agency coordinator by September 30, 2017 to be eligible to win a prize. AC will send to RC by October 4, 2017.