10-Minute Challenge

**Focus Area:** Well-being Activities

**Objective:** The 10-Minute Challenge encourages you to practice healthy behaviors by eating healthier and moving more, just 10 minutes at a time!

**Length of Challenge:** Four weeks

**Materials Needed:**
- Sign-Up Sheet/Form (optional, but recommended)
- 10-Minute Challenge Tracking Sheet
- Prizes (optional)

**Directions:** A list of 10-Minute Tips on how to fit healthy behaviors into our busy lives is provided. Earn a point each time you practice a 10-Minute Tip. Use the provided Tracking Sheet to record your points earned.

**Regional/Satellite Offices & AWS Employees:** This challenge can be hosted across regional/satellite office and/or with AWS employees.

WFHT.TN@tn.gov  facebook.com/WFHTN  twitter.com/WFHTN
The 10-Minute Challenge encourages you to practice healthy behaviors by eating healthier and moving more, just 10 minutes at a time! A list of 10-Minute Tips on how to fit these behaviors into our busy lives is provided. Earn a point each time you practice a 10-Minute Tip. Use this Tracking Sheet to record your points earned.

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<th>Sunday</th>
<th>Monday</th>
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<th>Total Weekly Points</th>
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</table>
10-Minute Challenge

Tips

Move more every day by taking 10 minutes to:

• Take more steps by parking further away from your destination.
• Crank up your favorite music and dance.
• Play fetch or take a walk with your dog.
• Be a kid again and play games like kickball, kick the can, tennis or shoot some hoops — invite friends, family or co-workers to join you.
• Ride your bike.
• Take a walk break during lunch or ask a co-worker a question by walking over to his or her desk instead of emailing.
• Take the stairs instead of the elevator when possible.
• Avoid the drive-thru and walk into restaurants, banks, etc.

Eat healthier each day by taking 10 minutes to:

• Pick a few quick and easy recipes you will prepare for the week.
• Check your refrigerator and pantry for the ingredients you will need.
• Write a grocery list for any ingredients you are missing.
• Select snacks such as fresh fruits and vegetables from the produce aisle.
• Review the items in your grocery cart before you check out—remove anything that was not on your shopping list.
• Place leftovers in small single-serving containers for a quick meal on another day.
• Pack your lunch the night before.
• When eating out, compare the calories, fat and sodium. Many menus now include nutrition information. Check with your server if you don’t see them on the menu.