Healthy Habits Challenge

Weekly Challenges:

**Week 1** – 5 or more servings of fruits and vegetables – include a variety (dark green, red and orange, legumes, whole fruits, etc.). These include all fresh, frozen, canned and dried options in cooked or raw forms, including 100% fruit or vegetable juices.

**Week 2** – 15 or more minutes of moderate physical activity – include a variety (walking, swimming, biking, running, strength training, exercise class, etc.)

**Week 3** – Drink 48 or more ounces of water – swap high-calorie, high-sugar beverages for water or other non-caloric, low-sugar beverages

**Week 4** – Lose 1-2 lbs. or maintain current weight

**Week 5** – Eat a healthy breakfast – mix of protein, carbohydrates and healthy fats; low in sugar

**Week 6** – Replace sweets (candy, ice cream, cookies, cake, pie) with a healthy snack (fruit, low-fat yogurt, nuts)

Weekly Newsletter Schedule:

**Week 1**
- Health Benefits of Fruits and Vegetables
- Tips for Eating More Fruits and Vegetables

**Week 2**
- Ways to Increase Physical Activity

**Week 3**
- Make Better Beverage Choices

**Week 4**
- Managing Your Weight

**Week 5**
- Power Up with Breakfast

**Week 6**
- Limit Added Sugars