



Healthy Lifestyle Challenge

*Try one of these healthy changes this week and keep adding more on!
Try it with your friends and family.*

- Drink 32 oz of water a day every day this week
- Stop eating when you feel full
- Disinfect all contact surfaces-Don't forget your car
- Take a 2-min fitness break every hour
- Dance or march in place while watching TV
- Share a personal success on social media
- Change the recipe of a favorite meal to make it healthier
- Follow a fitness video on YouTube
- Replace high-calorie drinks with low or no calorie drinks
- Make tracking your food part of your daily routine. Try one day a week and then add on
- Do not eat after an evening meal
- Add a serving of veggies to every meal
- Say "no" to things you don't want or need to do
- Eat a healthy breakfast every day this week
- Avoid eating out of large containers and bags
- Ask for help when feeling stressed
- Replace salad dressing with lemon/lime juice
- Walk briskly for 15 minutes each day
- Substitute whole wheat/grain in place of white flour/grain
- Try sweet potatoes instead of white potatoes
- Replace a negative thought with a positive one
- Go to bed at the same time every night this week
- Eat only when you feel hungry
- Read food labels on all food for a week
- Eat brown rice or barley instead of white rice
- Avoid fried foods for the whole week
- Stand or walk around while talking on the phone
- Pre-plan your meals and snacks for one week
- Facetime a friend or family member and workout together
- Replace high-calorie snack or dessert with a piece of fresh fruit
- Read a book

*amended from CDC

Thank you to our friends at the Chesprocott Health District!!

