



June 1-30

Healthy Lifestyles Challenge



NAME: _____ AGE: _____
PHONE # (____) _____ EMAIL ADDRESS _____

Physical Activity...

- Take the stairs instead of the elevator.
Complete 20 minutes of strength training.
Walk 10,000 steps a day for five consecutive days.
Complete a stretch workout at least once a week.
Exercise on a different route each week.
Accumulate 60 minutes of physical activity in one day each week.
Stand up at least every hour during a 12-hour period.
Ride your bike or walk versus driving a car to a destination.
Complete one type of physical activity with another person.
Park in the back of the parking lot at least two times.
Schedule some type of physical activity on your lunch break.
Try a new form of physical activity/fitness class (i.e., water aerobics, yoga).
Play a yard game with family or friends (i.e., Frisbee, kickball, basketball).
Walk the golf course versus riding in a cart.
Begin a stretching routine before you go to bed or when you first wake up.
Create your own physical activity challenge: _____



Nutrition...

- Take time to start your day with a healthy breakfast.
Choose a serving of fruit instead of the dessert you are craving.
Have dinner as a family or with friends two nights of the week.
Prepare a healthy home-cooked meal for your family.
Select a "light" menu item at a restaurant.
Eat slowly and enjoy a healthy meal by savoring every bite.
Drink 64 ounces of water a day for a minimum of five days.
Replace a food choice with a healthier one each day for a week.
Substitute water for a caffeinated or sugar-sweetened beverage daily.
Eat fruits/vegetables as your snack instead of unhealthy alternatives.
Choose something grilled over something fried.
Make a healthy fast food choice.
Drink no sodas for 1 week.
Include a vegetable with every meal for a minimum of five days.
Try a new colorful food choice (i.e., blueberries, leafy green, kiwi).
Create your own nutrition challenge: _____



Community...

NAME: _____

- Shop at a local store.
- Visit the farmer's market and/or the community garden.
- Introduce yourself to a new neighbor or coworker.
- Attend a local community event (i.e., Music in the Park, Fourth Friday).
- Dine at a local restaurant.
- Hike the Heritage Trail, the Hatcher Hill Trail or one of Clifty Falls State Park's trails.
- Take a walk and clean up litter along the way.
- Visit a local historic site (i.e., Saddletree Factory, Lanier Mansion).
- Take a selfie with others taking part in the challenge. **#HealthyLifestylesChallenge**
- Pay it forward. Complete a good deed or random act of kindness.
- Visit a local park.
- Donate two hours of time to your favorite local charity.
- Visit a local nursing home.
- Walk across the Madison-Milton Bridge.
- Help with youth (i.e., Girls Inc., Boys/Girls Club, Summer Feeding Program).
- Create your own community challenge: _____

Check out

www.VisitMadison.org

Mindfulness...

- Set aside 15 minutes for three days for relaxation (i.e., reading, music, sitting outside).
- Go to bed 30 minutes earlier and strive to sleep 7-8 hours each night.
- Clean out/organize a closet/desk/drawer or complete a project.
- Go without social media and television for one full day.
- Watch the sun set or rise one time.
- Quit or reduce or your tobacco use. For FREE help call **1-800-QUIT-NOW**
- Call and schedule a health check-up/physical.
- Turn off the television and put away cell phone one hour before bed.
- Reduce or eliminate unhealthy pleasures (i.e., alcoholic beverages, too much TV, sitting, etc.).
- Hold a family dinner with no electronics at the table.
- Try a yoga class and/or get a massage.
- Write a hand-written note expressing gratitude to another person.
- Review your work schedule and remove any unnecessary obligations.
- Say something positive to yourself in the mirror each day.
- Call someone you haven't spoken to in a while to "catch up".
- Create your own mindfulness challenge: _____

Remember...

Complete at least 10 items from each group to successfully complete challenge.

******* Challenge Forms are due THURSDAY, JULY 5th *******

Completed Log Drop-Off Locations

Total Tasks Completed _____



Healthy Communities
of Jefferson County

- ⇒ Madison Downtown Library
- ⇒ Hanover Library
- ⇒ WIC office (Hanover Park)
- ⇒ Fit For The King Fitness Center
- ⇒ Ivy Tech, Madison Campus

Forms can also be scanned/emailed to: foyh@kdhmadison.org

Forms can be faxed to 812-801-0291

Forms can be mailed to: Healthy Lifestyles Challenge

PO BOX 447, Madison, IN 47250