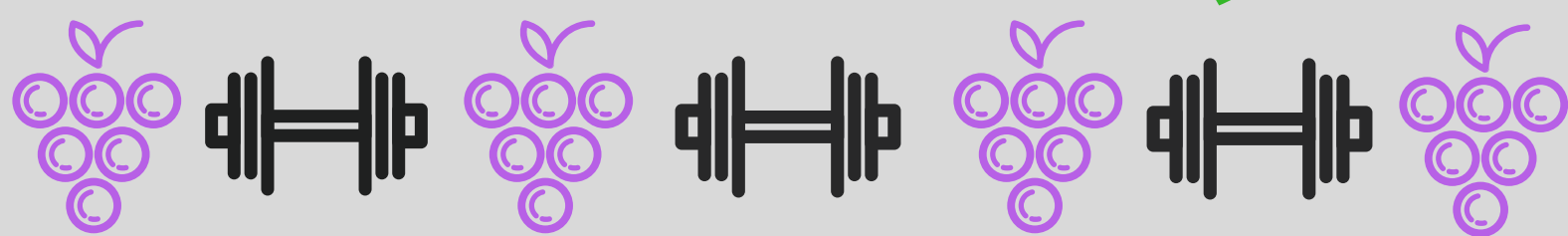


# TIME FOR A MONTHLY CHALLENGE



## January

Start off the new year by working towards 60 minutes of physical activity each day.

## March

Incorporate more activity into your day. Take the stairs, do a brain break, walk your dog, etc.

## May

Instead of eating out pack a healthy lunch three days a week.

## July

Register for a GoNoodle account and get active with your kids! Do five brain breaks a week.

## September

Try one new outdoor activity a week such as hiking, walking, sports, swimming, camping, biking, etc.

## November

Eat the rainbow! Each week try a new fruit or vegetable.

## February

At each meal fill up half your plate with fruit and vegetables.

## April

Do a step challenge! Track your steps with a physical activity log or activity trackers.

## June

Replace one sugary drink a day with water.

## August

Eat breakfast everyday and try making five new healthy smoothies.

## October

Instead of driving, walk or bike to school/work.

## December

Each family member will set a SMART goal for the new year. Specific, Measurable, Attainable, Realistic and Timely.