

HEALTHIER YOU CHALLENGE

WELCOME TO YOUR 30-DAY CHALLENGE!

As the school year wraps up, finding the time to take care of ourselves becomes more challenging.

That's why we're challenging you to 30 Days to a Healthier You! Challenge yourself for the next 30 days to carve out a short time for healthy habits you want to incorporate in your life. It could be 3 minutes of mindfulness at lunch or unplugging while walking your dog, just a small something that will help you through your day - because you deserve it!

HERE'S HOW IT WILL WORK:

- ✦ Write 1-3 of your favorite healthy activities.
- ✦ Once you have your list, choose one or more activities for your challenge. For example, "I will commit to reading ten pages of my favorite book."
- ✦ Decide which days during the week you will commit to your challenge.
- ✦ Track your progress! Each week, write down how it went.
- ✦ Pat yourself on the back for taking steps to a healthier you and think of ways you can continue to incorporate your challenge beyond the 30 days.