

# 6 WEEK



EAT REAL



MOVE MORE



REST UP



DRINK WATER

## Leap Into Health After Labor Day CHALLENGE!

### Challenge Period: September 7-October 18

This six-week program is designed to encourage a healthy lifestyle and improve your overall well-being.

### Get Healthy! How to Track Your Challenge Progress:

1. Using the provided calendar, do the Daily Challenge task and check it off as completed.
2. Each day check off every Core Healthy Habit you achieve from the attached list. Total them up at the end of the day and record the number in the total points box for that day on your calendar. Example: complete 15 habits, record 15 points.
3. Be social! When you complete a task use #MemorialLeapIntoHealth to our Facebook challenge page to receive an extra 5 points.

At the end of the 6-week challenge, submit your calendar with total points via email to [hphillips@memorialhospitalnh.org](mailto:hphillips@memorialhospitalnh.org) or mail to Memorial Hospital, c/o Heather Phillips, 3073 White Mountain Highway, North Conway, NH 03860.

All points calendars must be submitted by October 21, 2020.

Prize winners will be announced on October 26.

### Get Prizes!

The top three individuals with the most cumulative points will each receive an Amazon gift card:

1st Place: \$200

2nd Place: \$150

3rd Place: \$100



**BONUS PRIZES** will be available throughout the challenge for those that post creative and engaging posts on the challenge Facebook page.

Once again be sure to tag us:

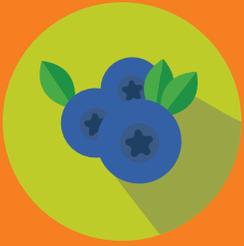
@MemorialLeapIntoHealth

#MemorialLeapIntoHealth

For questions, please contact Heather Phillips, Community Health Program Manager at [hphillips@memorialhospitalnh.org](mailto:hphillips@memorialhospitalnh.org) or call 603-356-5461 x2187

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	Metabolism boost: have a glass of warm lemon water and a pinch of cayenne pepper	Tip the scale in the right direction by using a food diary or app	Take the first step. Start walking at least 15 minutes a day to help prevent disease	Supercharge your meals! Simply add one superfood to each of your meals today	Brighten up your day, add a rainbow of colorful vegetables to your meal to boost nutrients	Self-care 101. Book that overdue hair appointment or use that massage gift card/certificate	Play a game of tag. High energy play = exercise + laughs is a great stress reliever
DAILY POINTS ▶							
<b>WEEK 2</b>	Bake something healthy and share it with a friend	Do a beginner yoga class. Take part in our free yoga class today	Try a new fruit	Don't keep putting off "you" time. Schedule in time to meet with a friend	Fats are good – yes, incorporate healthy fats like avocados, coconuts, nuts, and seeds today!	Go for a walk, bring your dog, call a friend to join, or go by yourself to decompress & get fresh air	Practice gratitude. Each day name 3 things you are grateful for. Say it, write it or think it!
DAILY POINTS ▶							
<b>WEEK 3</b>	Put your fork down between bites. Really chew your food, savor it which allows you to feel fuller!	Set your alarm to go to bed – this way you'll be sure to get a healthy 7-9 hours of zzz's	Lose your inner couch potato. Walk, jog in place, do yoga, or lift weights while you binge watch shows	When stressed, we tense up/ hold our breath. Be mindful of how you hold your body and how you breathe	Teach your kids about nutrition by making a game of finding the healthiest nutrition label at the store	Start your morning and end your day by reading or watching something inspirational	Go a full day without eating sweets or any added sugar
DAILY POINTS ▶							
<b>WEEK 4</b>	Exercise with a buddy – grab a friend or coworker, go for a run, or walk, or join a new class	Commit to unplugging for 2 hours. Focus improves, you get more done, and you feel more productive	Clean or organize an area in your house	Make a healthy recipe that has some veggies, fresh herbs, and spices	Chill out with music or an inspirational podcast to help you relieve tension and relax	Take the time today to reassess your wellness goals and adjust where needed	Schedule physical activity on your calendar at least 5x a week such as a 15 min walk, stretching, yoga or a run
DAILY POINTS ▶							
<b>WEEK 5</b>	Try a green smoothie today. Add a handful or two of dark leafy greens to your smoothie recipe	Try a PiYo class. Pilates and Yoga fusion creates great workout	Set a "Quit Day" for smoking, vaping or sugar and make sure you have healthy snacks to help kick the cravings	Go meatless for a day	Stop the negative talk for an entire day. Thinking negatively? Replace "I can't" with "I CAN"	Instead of pretzels or chips, satisfy your crunch craving with whole grain cereal – no sugar added	Open your favorite app, do a 10-minute stretch to relax tight muscles and calm the mind
DAILY POINTS ▶							
<b>WEEK 6</b>	Practice one random act of kindness today (and maybe everyday hereafter)	Try new vegetable or fruit today. You'll surprise yourself at the new foods you can fall in love with	Unsubscribe for all unwanted email marketing. Think of the time you'll save!	Meditate for 8 minutes a day. Set a timer and just be!	Play with your pup or put some music on and dance to give a natural boost to your "happy hormones"	Try going vegan the entire day (no dairy, eggs, meat or seafood)	Practice saying no. Say no at least once today to something that does not serve you
DAILY POINTS ▶							

# Participate in These Core Healthy Habits Everyday To Earn Points



## EAT REAL

food that  
comes from  
nature gives  
you energy

- Take time to start your day with a healthy breakfast everyday
- Choose a serving of fruit instead of that dessert you're craving
- Have dinner as a family or with friends the majority of each week
- Keep track of your calories using an online app such as My Fitness Pal
- 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 5 days
- Replace a food choice with a healthier one each day for a week
- Eat a healthy vegetarian meal a minimum of one time per week
- Create a colorful plate. Choose 3 different colored foods per meal
- Substitute water for a caffeinated or sugar sweetened beverage daily
- Share a healthy meal recipe with a friend or co-worker
- Eat fruit/vegetables as your snack instead of unhealthy alternatives



## MOVE MORE

it's a great way  
to improve  
health

- Set a goal to exercise a certain amount of days per week & stick to it
- Walk 10,000 steps per day for 5 consecutive days
- Swap your chair for an exercise ball/opt to stand versus sit each day
- Pick up trash while you take a 30 minute walk
- Join a local sports league or wellness class
- Exercise for at least 30 minutes a day for a minimum of 5 days each week
- Try something new (stationary bike, water aerobics, yoga, etc.)
- Schedule a walk during your lunch break and stick to it
- Begin a stretching routine before you go to bed or when you wake up
- Play a yard game with family or friends (frisbee, kickball, basketball)
- Park in the back of the lot or take the stairs daily to walk farther
- Set aside time each day for relaxation

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## REST UP

good sleep  
restores your  
body and  
mind

- Go to bed 30 minutes earlier than normal
- Clean out and organize a closet, desk or drawer that needs it
- Go to a natural setting and just sit quietly and listen
- Start a savings account or increase your input into your current one
- Watch the sun set or rise
- Turn off the TV and put away your cell phone one hour before bed
- Call and schedule a health check-up
- Sleep at least 7-8 hours each night
- Carpool, walk or bike to work, church or the store
- Reduce or eliminate unhealthy pleasures (alcohol, sitting, TV, etc.)
- Continue a tobacco free lifestyle. If you smoke, call 800-Quit-Now



## DRINK WATER

it's the best  
choice

Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every cell, tissue and organ needs water to work properly.

### **Recommended: eight 8 ounce glasses of water per day**

- Water helps to maximize physical performance
- Hydration has a major effect on energy levels and brain function
- Drinking water may help to prevent and treat headaches
- Drinking more water may help relieve constipation
- Drinking more water can prevent kidney stones
- Drinking more water can help to lose weight

The National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

About 15.5 cups (3.7 liters) of fluids for men

About 11.5 cups (2.7 liters) of fluids a day for women

These recommendations cover fluids from water, other beverages and food. About 20 percent of daily fluid intake usually comes from food and the rest from drinks.

MaineHealth

**LET'S GO!**

SMALL STEPS



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