

# WELCOME TO THE



# CHALLENGE

*It's all about making better choices to build a happier, healthier you – 365 days per year*

## Start with a vision

We lose sight sometimes of whether we're heading in the right direction for our health. It's no surprise – more often than not, we're caught up in the pace of our busy lives and don't take time to focus on what's most important. We need to make time for the things that fill us up, make us feel good and recharge our energy. Things like real food, physical activity, relaxation, family time and a good night's sleep!





No matter where you are, it's important to take a moment and think about where you want to go from here. Having a vision motivates and inspires you. It guides your choices. What's your vision for your own health? Once you have it in focus, you can take action.

## Step into action with 5-2-1-0

This Challenge gives you effective resources that help you get to a place where making better choices becomes routine – and, helps you get and stay healthy.

## So what's the 5-2-1-0 challenge?

The 5-2-1-0 Challenge focuses on four healthy choices you can make every day to improve or maintain your health! The goal is to try and achieve the following actions each day:

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-  **5 or more** fruits and veggies
  -  **2 hours** or less of screen time
  -  **1 hour** or more of physical activity
  -  **0 sugary drinks** and more water
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During the 6-week challenge, you'll mark on your tracker each day you achieved the 5-2-1-0.

# Tips to a happier, healthier you and a successful challenge!

## Map your plan.

Make a list of ways to fit in 5-2-1-0.

## Track your progress.

It'll move you closer to your vision of health. Celebrate your successes along the way.

## Lead by example.

Let others see you making good choices (co-workers).

## Watch what you say.

Turn off negative talk. Help build your self-esteem by modeling positive talk, like "I feel so much stronger now that I'm walking after dinner."

## Support co-workers.

Catch them doing good things. Offer praise. People crave support, not blame or shame.

## Teach "I CAN" statements.

Remove "I can't" from your vocabulary. Look for solutions, not excuses.

## Get your zzzs.

Enough sleep plays an important role in your health and weight.

## Reward with positive behavior, not food.

Ice cream doesn't make you feel better, but a new pair of walking shoes or downloading a few new songs to exercise to can help keep you on track.

## Get back to the basics – eating at home.

Eating at home promotes a healthy lifestyle, reduces temptations, increases your energy, and even saves you money.

## Shh. Listen to your body.

It'll tell you when it's satisfied. Eat slowly and put your fork or spoon down between bites. It will allow your brain more time to register that you're full and lessen your chance of overeating.

## Small changes work

*Eat a little less, move a little more.*

- 1 During meals, turn off the TV, computer and phones. Just focus on eating.
- 2 Downsize your dishes! Eat from smaller plates.
- 3 Eat from a plate or bowl, not from the package.
- 4 No speed eating allowed. Slow down. Taste your food.
- 5 Leave the serving dishes off the table, except for fruits and veggies.
- 6 Schedule activities that are fun and engaging. If it's going to happen, you have to plan it.
- 7 Stand more. Move more. Sit less.