

Mini Challenges

*These mini challenges are optional, be sure to give yourself 30 minutes extra on your log sheet under the “Mini Chal” section if you participate in them.



Week #1 Oct 5-11: Try to drink at least 64 oz of water a day. Studies have shown that a decreased water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.



Week #2 Oct 12-18: Try to eat at least 5 servings of fruit and veggies a day. Amounts that are recommended for individuals vary for age and gender; go to www.fruitsandveggiesmorematters.org to find out your recommended amount.



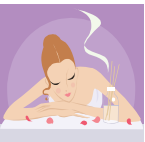
Week #3 Oct 19-25: Try the power of positive thinking. Replace a negative thought a day with a positive one. You can be successful with your new healthy lifestyle, just have confidence and believe in yourself.



Week #4 Oct 26-Nov 1: Try eating Whole Grains and more Fiber everyday. Adults are recommended to get 20-35 grams of fiber a day. For children the number of grams should equal the child’s age plus five grams. Make sure to check food labels for fiber content and the words 100% whole grain. Check out the Lunch and Learn session on this. Go to www.wholegrainscouncil.org and www.cdc.gov to find out more info on whole grains and fiber.



Week #5 Nov 2-8: Try something new this week! Whether it be a new fitness class like Yoga or Belly Dancing or a new healthy food you have never tried before. You might find something healthy you enjoy!



Week #6 Nov 9-15: Try to reduce the stress in your life and make some time for yourself to rest and relax. Studies have shown that stress can increase our weight gain. Go to www.webmd.com and type “stress and weight loss” in the search box for more info. Take some time each week to reduce stress and relax. Try deep breathing, long walks, or something you enjoy.



Week #7 Nov 16-22: Try to park further away and walk to your destinations. Next time you go shopping, to work or a meeting park at the end of the parking lot and walk.

