

## 4-Week Healthy Habits Challenge Nutrition

The USDA Dietary Guidelines recommend eating nutrient-dense foods across all food groups to support a healthy dietary pattern to minimize diet-related chronic disease risk.



### **Nutrition challenge:**

- Eat at least 2.5 servings of vegetables per day.
- Eat at least 2 servings of fruit per day.
- Eat at least 6 servings of grain, at least three of which are whole grain.
- Eat at least 5.5 oz. of protein.

	<b>Challenge Activity</b>	M	T	W	T	F	S	S
Week 1								
Week 2								
Week 3								
Week 4								

Why is this challenge important to you?

## 4-Week Healthy Habits Challenge

### Mindfulness

Mindfulness is a present state of awareness without judgment, and research has found that people are substantially happier when they're aware of what they're doing.



#### **Mindfulness challenge:**

- Go for a sensory walk outside and pay attention to what you see and how you feel.
- Perform a Random Act of Kindness every day.
- Set aside five to 10 minutes every day to meditate and focus on your breath.
- Write in a journal what you are grateful for.

	<b>Challenge Activity</b>	M	T	W	T	F	S	S
Week 1								
Week 2								
Week 3								
Week 4								

Why is this challenge important to you?



## 4-Week Healthy Habits Challenge Exercise

The U.S. Department of Health and Human Services updated their recommendation on the amount of weekly physical activity necessary to maintain general health and well-being. They recommend a minimum of 150 minutes to 300 minutes of moderate intensity aerobic activity, or 75 to 150 minutes of vigorous intensity aerobic activity per week. Physical activities to strengthen your muscles are recommended at least two days a week.



Activities should work all the major muscle groups of your body — legs, hips, back, chest, abdomen, shoulders and arms. Muscle-strengthening activities should be done in addition to your aerobic activity.

### Exercise challenge

- Aim to complete up to 300 minutes of moderate intensity physical activity each week.
- Aim to complete resistance training activities two times per week targeting all muscle groups.

	Challenge Activity	M	T	W	T	F	S	S
Week 1								
Week 2								
Week 3								
Week 4								

Why is this challenge important to you?

## 4-Week Healthy Habits Challenge Hydration

According to WebMD, about 60% of your body weight is made of water. Water helps flush toxins from your organs, transport nutrients to your cells, cushion your joints and digest the food you eat. The amount of water you need varies on your gender, size, weight, activity level and the climate in which you live.



**Hydration challenge:**

Try to drink between half an ounce and an ounce of water for each pound you weigh, every day. For example, if you weigh 150 pounds, that would be 75 to 150 ounces of water a day.

	Challenge Activity	M	T	W	T	F	S	S
Week 1								
Week 2								
Week 3								
Week 4								

Why is this challenge important to you?