

4- WEEK FITNESS and WELLNESS CHALLENGE

WEEK 1: Healthy Behavior Change

Last Name: _____ Name: _____

	SLEEP WELL (7 – 9 hours)	DRINK ENOUGH WATER The National American Medicine recommends 3.7 liters (15 cups) for the average adult male and 2.7 liters (11 cups) for the average adult female	EAT BREAKFAST
MONDAY	How many hours? How did you feel?	How many cups of the water today? How is your energy level (1 – 10)?	What did you eat? How did you feel?
TUESDAY	How many hours? How did you feel?	How many cups of the water today? How is your energy level (1 – 10)?	What did you eat? How did you feel?
WEDNESDAY	How many hours? How did you feel?	How many cups of the water today? How is your energy level (1 – 10)?	What did you eat? How did you feel?
THURSDAY	How many hours? How did you feel?	How many cups of the water today? How is your energy level (1 – 10)?	What did you eat? How did you feel?
FRIDAY	How many hours? How did you feel?	How many cups of the water today? How is your energy level (1 – 10)?	What did you eat? How did you feel?
SATURDAY	How many hours? How did you feel?	How many cups of the water today? How is your energy level (1 – 10)?	What did you eat? How did you feel?
SUNDAY	How many hours? How did you feel?	How many cups of the water today? How is your energy level (1 – 10)?	What did you eat? How did you feel?
	<p>Sleep is needed so everything in your body and mind can work correctly. Brain function is critical. Without proper sleep, the brain can't regenerate properly. Getting less than 6 hours of sleep on a continuous basis makes you 48% more likely to die of heart disease and 15% more likely in developing a stroke. Many studies have been completed on the relation to longevity to sleep. When you are sleep deprived your immune system is weaker.</p>	<p>Water keeps every system in the body functioning properly. Water has many important jobs, such as: Carrying nutrients and oxygen to your cells, flushing bacteria from your bladder, aiding digestion, preventing constipation, normalizing blood pressure, stabilizing the heartbeat, cushioning joints, protecting organs and tissues, regulating body temperature and maintaining electrolyte (sodium) balance. If you don't drink enough water each day, you risk becoming dehydrated. Warning signs of dehydration include weakness, low blood pressure, dizziness, confusion, or urine that's dark in color.</p>	<p>Breakfast gives you a chance to start each day with a healthy and nutritious meal. It also lays the foundation for lifelong health benefits. When you eat a healthy breakfast, you're more likely to: Eat more vitamins and minerals, eat less fat and cholesterol, have better concentration and productivity throughout the morning, control your weight, and have lower cholesterol, which may reduce your risk of heart disease. Whole grains, low-fat protein, low-fat dairy, fruits and vegetables, together, these core groups provide complex carbohydrates, fiber, protein and a small amount of fat. A combination that can leave you feeling full for hours.</p>