

# 4 - WEEK FITNESS and WELLNESS CHALLENGE

## WEEK 2: Healthy Behavior Change

Last Name: \_\_\_\_\_ Name: \_\_\_\_\_

	SLEEP WELL (7 – 9 hours)	<b>Eat Colorful Fruit &amp; Veggies</b> <b>4 servings Fruit &amp; 2 – 3 cups Vegetables</b>		DRINK WATER (11 – 15 cups)	<b>Start to WALK!</b> <b>How many Steps or minutes?</b> <b>How many miles?</b>		EAT BREAKFAST	<b>7 – Day Stretching before Bed!</b>
MONDAY	_____ hrs.?	¼ cup of fruit juice Avocado: Half of a medium Banana: 1 small (about 6 “long) Dried Fruit: ¼ CUP	Ten baby carrots 1/3 a large eggplant Five broccoli florets A handful of snow peas Half of a sweet 2 heaping tablespoons of cooked spinach	_____ cups?	How many steps or minutes _____? How many mileage _____?	At _____ am?	Lie faceup. Bend knees into chest and grab inside edges of feet with hands, palms out. Bring knees out to sides, then lower toward armpits, keeping heels above knees, feet flexed. Hold for 8 to 10 breaths, gently rocking from side to side.	
TUESDAY	_____ hrs.?	Fruit Juice: ¼ CUP One medium Peach or Kiwi Avocado: Half of a medium Strawberry: 4 larges	1 cup Spinach = 1cup, cooked or 2 cups raw 1 cup Sweet Potato = 1 large baked or mashed 1 cup beans = 1 cup whole mashed cooked	_____ cups?	How many steps or minutes _____? How many mileage _____?	At _____ am?	 Targets: Back, hips, and hamstrings. 3 sets: 30 - 60 seconds per day	
WEDNESDAY	_____ hrs.?	Fresh, Frozen or Canned Fruit: ½ CUP Half-inch thick wedge of sliced watermelon, honeydew or cantaloupe one serving of berries: 1 cup Dried Fruit: ¼ CUP	¾ cup of vegetable juice One Roma Tomato One ear of corn 1/3 a large eggplant 5 spears of fresh asparagus (or 7 spears canned)	_____ cups?	How many steps or minutes _____? How many mileage _____?	At _____ am?	Sit on pillow in a cross-legged position. Place left hand on floor to side of hip, left elbow slightly bent. Extend right arm by ear. Lean to left, keeping butt on floor, shoulders down.	
THURSDAY	_____ hrs.?	One medium Apple or orange Grape: 16 Mango: Half of a medium Dried Fruit: ¼ CUP	1 cup Green peas or peppers = 1 cup cooked 1 cup Mushroom = 1 cup cooked or raw 1 cup Tomatoes = 1 large raw, 1 cup chopped or sliced	_____ cups?	How many steps or minutes _____? How many mileage _____?	At _____ am?	 Targets: Neck, shoulders, back, and obliques. 3 sets: each side 10 - 30 seconds per day	
FRIDAY	_____ hrs.?	Mango: Half of a medium Plums: 2 smalls Avocado: Half of a medium One medium Apple, pear or orange	1 cup summer squash or zucchini = 1 cup cooked, sliced or diced 1 cup collard greens or kale = 1 cup cooked 1 cup corn yellow or white = 1 cup or 1 large ear	_____ cups?	How many steps or minutes _____? How many mileage _____?	At _____ am?	Sit on floor with pillow in front of you. Bend left knee, bringing sole of left foot to right inner thigh. Lift butt and extend right leg behind you. Staying centered, gently hinge forward from hips, placing head on pillow. Extend arms forward, elbows slightly bent.	
SATURDAY	_____ hrs.?	1 _____ 2 _____ 3 _____ 4 _____	1 _____ 2 _____ 3 _____ 4 _____	_____ cups?	How many steps or minutes _____? How many mileage _____?	At _____ am?	Targets: Neck, shoulders, back, hips and legs. 3 sets: each side 30 – 60 seconds per day.	
SUNDAY	_____ hrs.?	1 _____ 2 _____ 3 _____ 4 _____	1 _____ 2 _____ 3 _____ 4 _____	_____ cups?	How many steps or minutes _____? How many mileage _____?	At _____ am?	Sit down with your legs extended in front of you. Engage your abdominal slightly to lengthen your spine, pressing your sit bones into the floor. Hinge at your hips to fold forward, reaching out your arms in front of you.	
  		<p align="center"><b>WHY EAT MORE FRUITS &amp; VEGGIES?</b></p> <p>Fruits and vegetables provide many beneficial nutrients, including vitamins, minerals, healthy fats, protein, calcium, fiber, antioxidants and phytonutrients. A healthy eating plan rich in fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, stroke, obesity, high blood pressure, high blood cholesterol, diabetes, kidney disease, osteoporosis and some types of cancer. They're also essential to many daily functions of a healthy body.</p> <p><b>Women (19 - 50 years old) 2 ½ cups</b>  <b>Men (19 – 50 years old) 3 cups</b></p> <p><b>Women over 51 years old (2 cups)</b>  <b>Men over 51 years old (2 ½ cups)</b></p> <p>These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities</p>			<p align="center"><b>GOAL is 10,000 Steps a day!</b></p> <p>An average person has a stride length of approximately 2.1 to 2.5 feet. That means over 2,000 steps to walk equals one mile. If you are walking for general health benefits try to walk a minimum of 30 minutes a day, most days of the week, at a "talking" pace. (Talking pace means you have elevated breathing, but you can still carry a conversation.) Increase both mileage and pace slowly may help to prevent injury. A reasonable goal is to increase average daily steps each week by 500 per day until you can easily walk average 10,000 steps per day.</p>			<p>Relax your head and tuck your chin into your chest.</p>  <p>Targets: Calf, shoulders, lower back, and hamstrings.            3 sets: 30-60 sec. per day</p> <p><i>* When Stretching make sure that you are not forcing anything. You should go to the point of slight discomfort, but not to the point of pain.            *Breathe deeply and regularly.            Stretching relaxes you, prepares for a deep sleep, increases the body's overall flexibility and rejuvenates you when you wake up!</i></p>