



# Eat, Live, and Be Healthy 2022 Wellness Challenge

In 2022, the Chronic Disease Action Team of the Healthy St. Mary's Partnership is encouraging community members to join our year long wellness challenge. This challenge will promote healthy habits, provide education and resources, and encourage community members to eat, live, and be healthy in 2022!

## January

Set a S.M.A.R.T.\* wellness goal for 2022

\*Specific, Measurable, Attainable, Realistic, Trackable

## February

Track & increase your physical activity minutes

GOAL: Work toward 150 minutes/week

## March

Track your nutrition

GOAL: Become more aware of what and when you eat

## April

Keep a record of when you go to bed, when you get up & how well you slept

GOAL: Improve sleep habits & wake feeling rested

## May

Track & increase breaks you take to stretch & move throughout the day

GOAL: Sit no more than an hour without a break

## June

Track & increase the number of fruits & vegetables you eat each day

GOAL: Eat at least 5 servings per day

## July

Track & increase how much water you drink

GOAL: Improve hydration & cut back on sugar sweetened beverages.

## August

Track & reduce your daily screen time

GOAL: Cut weekly screen time by 25% or more

## September

Track strength training included in your week

GOAL: Increase total minutes or the weight used as you get stronger

## October

Track & increase your daily step count

GOAL: Works towards 10,000 steps/day

## November

"Maintain Don't Gain" over the Holidays

GOAL: Avoid unwanted holiday weight gain

## December

Make time for self-care

GOAL: Manage stress & avoid burnout

Participants in each monthly challenge will be included in a drawing for monthly prizes.



Scan the QR Code or visit [healthystmarys.com/eatlivebehealthy](http://healthystmarys.com/eatlivebehealthy) for more information and to sign up for the challenge