

CHILL OUT

C h a l l e n g e

Goal: 30 points in 4 weeks

Life is stressful and stress comes at you in all different forms. It is important that you identify your stressors and take actions to minimize their effect on you. Uncontained stress can lead to type 2 diabetes, anxiety, high blood pressure, asthma and many other conditions. By practicing a few healthy behaviors, you will help slow and reverse the impact of stress on your body and life.

This 4-week Challenge helps you take control by focusing on ways to HELP YOU MANAGE STRESS!

- Exercise – at least 15 minutes per day
- Sleep – at least 7 hours per night
- Relaxation – at least 10 minutes of time out of your day
- Nutrition – eat at least one cup of fruit and one cup of vegetables every day or eat a low fat, high fiber breakfast every day or drink less than two cups of caffeine every day.

HOW THE CHALLENGE WORKS

- During the Challenge, keep track of these 4 healthy behaviors.
- You will receive **1 point for every behavior** you practice each day. Daily opportunity of up to 4 points.
- The goal of this Challenge is to obtain **30 points in 4 weeks**.

HOW TO TRACK ACTIVITY POINTS

- Track your activity online each day or weekly.
- You can use the paper tracking form for convenience.
- Be sure to record all activity points online at www.healthplus.org.



The Plus makes all the difference.

www.healthplus.org

**MANAGE YOUR STRESS
AND STAY IN CONTROL!**