

MAINTAIN DON'T GAIN CHALLENGE

BOOST YOUR HEALTH

Practice healthy habits that support healthy living and weight management!

REACH THE GOAL

1. Participate in these healthy behaviors to earn up to 6 points per day:
 - Exercise at least 15 minutes daily
 - Eat 1 cup of fruit and/or vegetables daily
 - Eat breakfast daily
 - Don't skip meals - breakfast, lunch or dinner
 - Limit sweets to 1 serving or less daily
 - Limit alcohol to 1 serving or less daily
2. Each activity = 1 point

Learn more and sign-up at www.healthplus.org

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