

Summer Sizzler Challenge



- Goal:** To get a healthy start to your summer
- Challenge:** Earn and accumulate points for living a healthy and balanced lifestyle
- Areas of focus:** Exercise, nutrition, stress relief and sleep

| | STRESS 4 pts/week for achieving your goals | NUTRITION 3 pts/week for achieving your goals | SLEEP 2 pts/week for achieving your goals | EXERCISE 1 pt/week for achieving your goals | |
|--------------------------------|--|---|---|---|---------------|
| Write your goals here: | | | | | |
| Goal 1 | | | | | |
| Goal 2 | | | | | |
| Goal 3 | | | | | |
| Write your points here: | | | | | TOTAL: |
| Week 1 | | | | | |
| Week 2 | | | | | |
| Week 3 | | | | | |
| Week 4 | | | | | |

Join the Summer Sizzler Challenge and have a healthier summer!

Activity recommendations and points:

We all tend to take time off to vacation during the summer months. How can you find ways to make your vacations healthier this summer? Think about vacation and weekend plans when deciding on your goals so you make them **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, **T**imely (SMART).

STRESS RELIEF: 4 pts/week for achieving your goals

- Breathe mindfully for 5-10 minutes each day.
- Take a yoga/mindfulness class during the summer.
- No checking work email once you get home, 3-5 nights a week.
- Or add your own goal.

SLEEP: 2 points/week for achieving your goals

- Unplug 1 hour before bed, 2-3 nights per week.
- Go to bed at the same time each night.
- Get 7–8 hours of sleep per night.
- Or add your own goal.

NUTRITION: 3 points/week for achieving your goals

- Eat mindfully for 1 meal per week.
- Eat lunch while not working, 3-5 days per week.
- Pack a healthy lunch from home, 2-3 days per week.
- Eat 3-5 servings of vegetables per day.
- Or add your own goal.

EXERCISE: 1 point/week for achieving your goals

- Exercise at least 30 minutes, 3-5 days per week.
- Add strength training to your workout, 2-3 days per week.
- Find a workout buddy for the summer.
- Or add your own goal.

How to earn points:

You choose and set 1–3 goals for yourself in each category or within categories of your choice. Use goals from the examples listed above, or choose your own based on lifestyle changes you want to make. For each week that you achieve your goals, you will receive the points as assigned to each category. The maximum number of points you can earn each week is 10. The maximum number of points you can earn during the entire 4 weeks is 40.

Remember to consult your primary care provider before starting a new exercise program.