

WELLNESS CHALLENGE MAY 2019

Mankato Area Public Schools is partnering with Mayo Clinic Health System to encourage healthy habits. Join the challenge by marking off each activity you participate in. Then, share your results with your site representative and celebrate your accomplishments.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BONUS PREP FOR THE WEEK Plan meals for the week	BONUS ATTEND A FREE FITNESS CLASS Lincoln Community Center May 1, 2, 7, 8 and 9	BONUS FITNESS TENNIS FOR ALL LEVELS May 6, 6:30–7:15 p.m. East High School Courts Bring your racket	1 Kickoff Walk Meet at West High School Annex parking lot at 5 p.m. First 70 people receive a free t-shirt.	2 park & walk Park further away in parking lot and walk	3 Connect with a friend or family member you haven't seen in a while	4 Try a new vegetable
5 Get in an outdoor workout – run, bike, hike or walk	6 MINDFUL MONDAY Jot down three things you are grateful for and share with someone	7 Try It Tuesday Eat a fruit or vegetable you don't normally eat	8 WALK, BIKE OR MOVE Grab a colleague and go for a walk on a local trail	9 Rethink Your Drink Add fruit or veggies to your water	10 Friendship Friday Call or write a letter to a friend	11 Take a picture of something beautiful
12 Sit down for a meal with family or friends	13 meatless monday Get your proteins from beans or nuts	14 Meet up with friends for a walk	15 Go to bed 15 minutes earlier	16 BENEFIT FAIR Lincoln Community Center 4–7 p.m.	17 Listen to a song that makes you happy	18 Do something just for you Treat yourself, read a magazine, watch a movie, go for a walk
19 Practice yoga or stretch for 15 minutes	20 SHOW YOUR CALENDAR with at least 10 completed challenge days to your site rep and receive a prize!	21 Meet up with friends for a walk	22 Try a new smoothie recipe	23 unplug Slim your screen time	24 Complaint-free Friday Anytime you feel yourself going negative, choose to focus on the positives	25 Get in five servings of fruits and veggies
26 Fun spring activity of choice	27 NO electronics during meal times	28 Try a new recipe	29 Craft a personal mission statement	30 Eat at least three different colors of fruits and vegetables	31 be kind Do a random act of kindness	For more information, visit bit.ly/2K6VzDN .