

Corporate Cup Health Challenge 2021

Due Date: See your Team Director or Event Captain

The 2021 YMCA Corporate Cup Health Challenge is an event that anyone and everyone can participate in which you can take steps to be a healthier person. Hopefully by doing some of the items on the list, you will become more aware of the small things that you can do to make a difference and to lead a healthier life. Write the date in the box of which you completed the activity. Each action/activity completed may only be applied to one-line item. You can max each activity out by completing it 5 times within the four-week time period. Thank you for participating in the Health Challenge and HAVE FUN!

Company:

Team Director Initials:

Participant Name:

Total Number of Activities Completed:

<u>Date</u>	<u>Date</u>	<u>Date</u>	<u>Date</u>	<u>Date</u>	<u>Activity</u>
					Take a fitness class (land or water) at the YMCA.
					Use fat free milk over whole milk.
					Do 15 minutes of sit-ups in front of the TV.
					Walk during lunch hour.
					Drink 8 oz. of water before a meal.
					Eat half your dessert.
					Walk instead of driving to a meeting or appointment.
					Take family walk after dinner.
					Eat food portions smaller than your fist.
					Mow lawn with push mower.
					Walk kids to school.
					Get a dog and walk it.
					Join an exercise group.
					Replace Sunday drive with Sunday walk.
					Do yard work.
					Eat off smaller plates.
					Don't eat late at night (past 8 p.m.).
					Grill, steam or bake instead of frying.
					Bicycle to the store instead of driving.
					Use vegetable and olive oils instead of solid fats.
					Fetch the newspaper yourself.
					Sit up straight at work.
					Wash the car by hand.
					Don't skip meals.
					Run when running errands.
					Pace the sidelines at kids' athletic games.
					Take wheels off luggage and carry them during travel.
					Ask a friend to exercise with you.
					Make time (30 minutes) in your day for physical activity.
					Exercise with a video or at the YMCA if the weather is bad.
					If you find it difficult to be active after work, try it before work.
					Do desk exercises instead of a cigarette or coffee break.
					Perform gardening or home repair activities.
					Take small trips on foot to get your body moving.
					Play with your kids 30 minutes a day.

<u>Date</u>	<u>Date</u>	<u>Date</u>	<u>Date</u>	<u>Date</u>	<u>Activity</u>
					Dance to music.
					Keep a pair of comfortable walking or running shoes in your car and office and USE THEM!
					Make a Saturday morning walk a habit.
					Walk briskly in the mall.
					Stretch before bed to give you more energy when you wake.
					Take the long way to the water cooler.
					Choose fruit for dessert.
					Take stairs instead of the escalator.
					Share an entree with a friend.
					Eat before grocery shopping.
					Choose a checkout line without a candy display.
					Make a grocery list before you shop.
					Drink 100% fruit juices instead of soda and sugary drinks.
					Remove skin from poultry and cut off excess fat from meat before cooking to lower fat content.
					Eat before you get too hungry.
					Don't skip breakfast.
					Stop eating when you are full.
					Snack on fruits and vegetables.
					Top your favorite cereal with apples or bananas.
					Try brown rice or whole-wheat pasta.
					Include 3 servings of whole grain food daily.
					Ask for salad dressing "on the side".
					Don't take second helpings.
					Park farther from destination and walk.
					Try a green salad instead of fries.
					Bake or broil fish.
					Walk to a co-worker's desk instead of emailing or calling them.
					Carry your groceries instead of pushing a cart.
					Cut cheese and chocolate into small pieces and only eat a 3 pieces.
					Use nonfat or low-fat sour cream, mayo, sauces, dressings, and other condiments.
					Replace sugar sweetened beverages with water and add a twist of lemon or lime.
					Refrigerate soups before you eat them. As the soup cools, the fat will rise to the top. Skim it off the surface to reduce fat content.
					When eating out, ask server to put half your entrée in a to-go bag before you even start your meal.
					Substitute vegetables for other ingredients in your sandwich.
					Try a new fruit or vegetable (ever had jicama, plantain, bok choy, starfruit or papaya?)
					Make a batch of brownies with applesauce instead of oil/shortening.
					Instead of eating out, bring a healthy, low calorie lunch to work.
					Clean your closet and donate clothes that are too big.
					Buy a set of hand weights and play a round of Simon Says with your kids - you do it with the weights, they do without.
					Swim for 30 minutes.