YMCA CORPORATE CUP

HUNT FOR HEALTH

The 2014 YMCA Corporate Cup Health challenge is an event in which anyone can participate. This a three-week (August 31-September 21) challenge to discover community resources that you can use to eat healthier, be more physically active and manage stress. Use the log below to record the resources that you find and those that you use. When a challenge has been completed, mark off the challenge and write the date of completion along with your initials. No more than two activities can be done each day. For every activity you complete you will get 1 point. The goal is to have all the challenges completed by the end of the three weeks (September 21). For 4 additional points/activity, each time you complete an item on the list, snap a photo and send it to info@puebloymca.org Creativity, hilarity, and artistic genius strongly encouraged. Individual integrity and honesty is a must for the health challenge to be a success because it is a self-reporting event. The YMCA reserves the right to require additional information should it be deemed necessary to maintain the integrity of the event.

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<tr>
<th>Participant Name</th>
<th>Company</th>
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HEALTHY EATING

- **Local Produce**
  - Date_________________ Initials_____________ Picture sent: YES / NO
  - Learn what local produce is in season and see the beautiful organic produce that is available right in your own community.
    - Visit the local Farmer’s Market at the Riverwalk on Thursdays from 4-7pm.
    - Showcase your garden by sharing with us what produce you have at your fingertips.
    - Visit one of the many farms in Pueblo County

- **Eat Well**
  - Date_________________ Initials_____________ Picture sent: YES / NO
  - Visit a local restaurant and order something from the healthier options section.
    - Applebee's has a portion of its menu devoted to "unbelievably great tasting" meals under 550 calories
    - Chili's offers "Guiltless Grill" choices that are much lower in fat
    - Many Pueblo owned restaurants also have a healthier option section

- **Complete Nutrition**
  - Date_________________ Initials_____________ Picture sent: YES / NO
  - Visit Complete Nutrition, 820 US Hwy 50 West, and ask them about a Free Consultation, General Health/Nutrition/Exercise/Weight Loss/Gain products that they carry.
    - Receive 25% off your purchase the day of your visit when you reference the Corporate Cup Hunt for Health

- **Shop Smart**
  - Date_________________ Initials_____________ Picture sent: YES / NO
  - Visit a local grocery store and ensure healthy foods are on your list.
    - Attach a grocery store receipt with a combination of 5 fruits and vegetables
WALKING & PHYSICAL ACTIVITY

- **Instant Recess**
  
  Date_________________ Initials______________

  Picture sent: YES / NO

  - Take a 5-10 minute activity breaks in your own office or gather coworkers to participate with you.
    
    o Developed by Toni Yancey of UCLA’s School of Public Health, Instant Recess offers fun, low impact 5-10 minute activity breaks that accommodate all shapes, sizes and abilities and get you out of your chair to shake, rattle and laugh at work. Google INSTANT RECESS for activity ideas.

    o Take a 10 minute walk outside the office.

- **Try the Y**
  
  Date_________________ Initials______________

  Picture sent: YES / NO

  - Participate in one of 40+ group exercise classes at the YMCA, 3200 E. Spaulding Avenue.
    
    o All Corporate Cup participants can attend the Y group exercise classes FREE of charge by bringing in verification of employment with your participating company, i.e. business card, id badge, paycheck

    o Group exercise class schedule is available on [www.puebloymca.org](http://www.puebloymca.org)

- **Cruisin Pueblo**
  
  Date_________________ Initials______________

  Picture sent: YES / NO

  - Cruise Pueblo on your BIKE.
    
    o Take a casual bike ride every Thursday with fellow Puebloans. Riders gather at Bingo Burger at 6 pm and ride out together at 6:30 pm. A route will be posted each week on the Cruisin’ Pueblo Facebook Page.

    o Ride your bike to work.

    o Take the entire family out for a bike ride.

- **Climb the Stairs**
  
  Date_________________ Initials______________

  Picture sent: YES / NO

  - Often people go out of their way to avoid stairs but using them as part of your fitness routine is a great way to build cardiovascular endurance and strength, so TAKE THE STAIRS at least 5 times over the three week challenge.

    o Take the stairs in your office building.

    o Find a local venue that has stairs you can run outside.

- **Try out an Outdoor Recreational Facility**
  
  Date_________________ Initials______________

  Picture sent: YES / NO

  - Enjoy the outdoors by trying one new activity at one of Pueblo’s many recreational facilities.
    
    o City Park - Frisbee Golf, Tennis, Pueblo Zoo, Elmwood Golf Course, Fishing

    o Walk the Historic Arkansas Riverwalk

    o Enjoy the Nature Trail

    o Visit Lake Pueblo State Park
MINDFULNESS & RELAXATION

- **Time to Relax**
  - Get out of your office for a bit and unwind. Mark your calendar and take a 2 minute break on Tuesdays at 2 p.m.
    - Find a large green open space, conducive to personal reflection and informal leisure activities.
    - Find a water fountain or feature and get lost in the sound of peace and calm.

- **Yoga at the Y**
  - Participate in a Yoga class at the Y FREE of charge. All Corporate Cup participants can attend the Y group exercise classes FREE of charge by bringing in verification of employment with your participating company, i.e. business card, id badge, paycheck.
  - Class schedule is available on [www.puebloymca.org](http://www.puebloymca.org).

- **First Friday Art Walk**
  - Attend a First Friday Art Walk in Downtown Pueblo.
    - The First Friday Art Walk, features extended hours, (5:00pm–8:00pm, some until 9:00pm) of art galleries with newly hung shows, refreshments, and music. Additionally First Friday Art Walks will present performing artists on Union Avenue at an outdoor venue.

- **Give Back**
  - Volunteer for a minimum of 2 hours during the three week challenge.
    - Pick your favorite local non-profit organization, local church, hospital or school and give back to the Pueblo community.