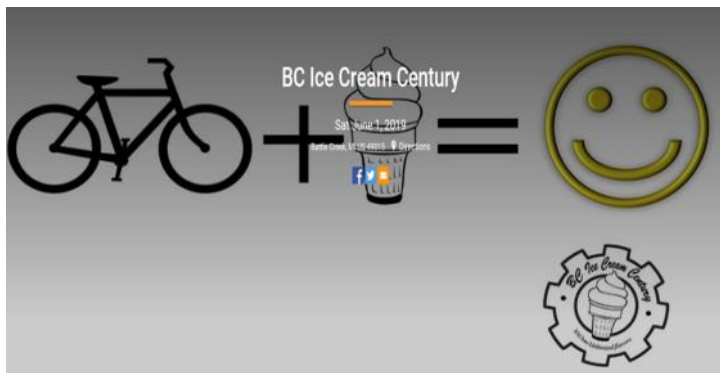


Donnie's Bicycle Challenge

CHALLENGE: Complete at least 150 miles on a bicycle. For some, this will be very easy, for others very challenging. Keep track on the calendar below. Show a Wellness Committee Member to add a point on your fit ticket.

10 rides at 15 miles, 15 rides at 10 miles, break it down any way you would like.

For a Great start, you can join the BC Ice Cream Century on June 1st. Show proof of registration for an extra point!!!



<https://www.bikesignup.com/Race/MI/BattleCreek/BCIceCreamCentury>

June 2019








Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JUNE 2019

ALEXIS' WATER CHALLENGE

8 OUNCES / 8 TIMES A DAY

**SHOW A WELLNESS MEMBER BY JULY 8TH
FOR TICKET VALIDATION.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 8 OUNCE <small>© 2019 Alex's Fitness</small>	<p>Do your best. The more you drink, the better. However not drinking 8 glasses one day, will not disqualify you from a fit ticket point.</p> 					
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 & 30	24	25	26	27	28	29

Spring into Wellness



Who can complete 5 of these Spring/Summer Wellness Challenges?

Grill a new healthy recipe

Marinating food, before grilling, in a mix that does not contain fat or salt, and seasoning with lemon juice, garlic, or herbs, will impart a lot of flavor, and save precious calories and reduce the sodium content of any dish. Send me your recipes at mstamand@calhouncountymi.gov, for a validation on your fitness ticket.

Pack a healthy picnic, go to a park, or even your backyard

No sandwiches made with processed meat, no salad in a tub. Make something fresh and healthy, and go enjoy some outdoor fun with family, friends or even a good book. Send me your recipes at mstamand@calhouncountymi.gov, for a validation on your ticket to wellness.

Buy some fresh fruits and veggies at the Farmers Market

Fruits and vegetables that are sold at the farmer's market are much fresher than the produce at the grocery store. Plus visiting a farmer's market can be cheaper, more fun and you are helping to support local farmers.

Plant a garden....big or small

Gardening keeps you active and reduces your stress levels, and that means it can help prevent heart disease, diabetes, obesity, and other associated lifestyle diseases. Plus, eating the nutritious whole foods that you grow is great for heart health, too! Getting out in the garden at the end of a busy day reduces your stress levels and mental fatigue.

Your garden does not have to be huge, try a small flowerbed or even a window box with fresh herbs.

Spring clean your worries away

Spring clean your house (or a room...or a closet...or even one drawer). You know that dust contributes to allergies and asthma, but did you also know that clutter can affect your health, too? Disorganization makes it difficult to find items you need. "Where did I put that medicine?" "Where are my sneakers for the gym?" The more time you spend looking for these, the more frustrated you may get and the more likely you may be to just decide not to proceed with it (like decide to skip your medicine or decide not to go to the gym). Clutter can also cause anxiety in many people. Snap a before/after picture.

Visit a national, state, or local park and go for a trail walk, run, or hike

Fresh air and nature always does a body good. Spring/Summer is a perfect time to get out there – it's warm enough to enjoy the outdoors, but not so hot that you are sweating a few minutes after walking out the door! Discover Calhoun County Parks @ https://www.calhouncountymi.gov/government/county_departments/parks_and_recreation/