

# Living Well Calhoun March Initiatives

**Fruits & Veggies**

**Every Day**

**Eat the Rainbow**

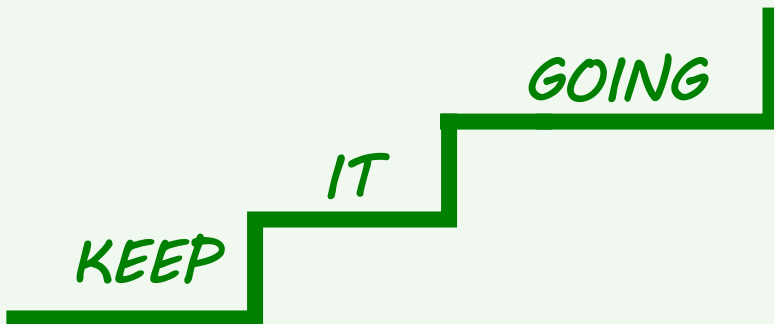
Read more about this challenge in the Living Well Calhoun Newsletter.

This month's initiative we are going to focus on eating the rainbow. This initiative is endless with opportunities to achieve a healthier lifestyle. Incorporate more colorful fruits and vegetables into your diet 4 to 5 days a week and keep track of it on your calendar. Be creative and think outside the box when it comes to how you can add new things to the current dishes you eat, or try something entirely different. Eating multicolored fruits and vegetables help boost your immune, give you energy and help aid in your diet for weight loss. We want to see what you come up with.



**Eat Healthy, Stay Healthy!**

**STAIR CHALLENGE**



# RAINBOW CHART

<b>Get the blues</b>  Memory, healthy aging, urinary tract health	<b>Great greens</b>  Vision, strong bones and teeth	<b>Wonderful white</b>  Maintain healthy heart, cholesterol	<b>Mellow yellow (and orange)</b>  Heart, vision, and immune system	<b>See red</b>  Heart health, memory, urinary tract health
<b>Fruits</b> Blackberries Blueberries Dried plums Pitted prunes Purple grapes Plums  <b>Vegetables</b> Eggplant Purple asparagus Purple cabbage Purple carrots Purple peppers Potatoes (purple fleshed)	<b>Fruits</b> Green apples Green grapes Green pears Honeydew  <b>Vegetables</b> Asparagus Broccoli Brussels sprouts Chinese cabbage Cucumbers Green beans Green cabbage Green onions Green peppers Leafy greens Lettuce Peas Snow peas Sugar snap peas Zucchini	<b>Fruits</b> Brown pears White nectarines White peaches  <b>Vegetables</b> Cauliflower Garlic Kohlrabi Onions Potatoes (white fleshed) White corn	<b>Fruits</b> Apricots Cantaloupe Nectarines Peaches Yellow apples Yellow pears Yellow watermelon  <b>Vegetables</b> Butternut squash Carrots Sweet corn Sweet potatoes Yellow beets Yellow peppers Yellow potatoes Yellow summer squash Yellow tomatoes	<b>Fruits</b> Cherries Red apples Red grapes Red pears Raspberries Strawberries Watermelon  <b>Vegetables</b> Beets Radishes Red peppers Red onions Rhubarb Tomatoes



# Keep Stepping It Up Challenge

- ⇒ Climb at least 10 flights of stairs at least 5 times a week.
- ⇒ 1 flight should be between 10 to 20 stairs. (No! Going down does not count!!!)
- ⇒ There are four different exercises to complete as you climb. You must complete each one of them every week.

\*\*\* If stairs are not your thing, you can walk at least 30 minutes 5 times a week, while completing all four exercises during the week.

Complete this initiative and get a point on your ticket to wellness.



**Skip a step:** Always use handrail for support. Maintain an upright posture while climbing. It's very important to stay upright while climbing the stairs. It helps engage the core muscles more.

If you are walking instead of climbing, try adding lunges during your walk. Go only as deep as you can. You can also hold your balance by placing one hand against a wall.



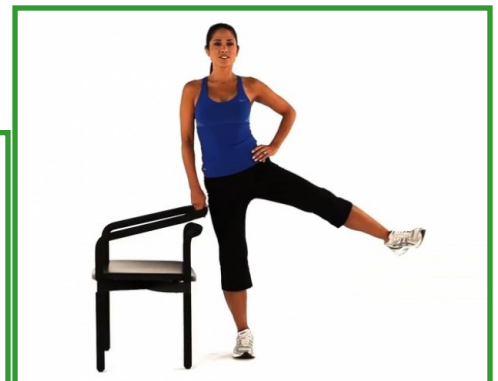
**Squat:** Complete this exercise on a landing. You can also use wall for balance. Stand as tall as you can with your feet shoulder-width apart, toes slightly pointed outward. Keep arms in front of you at chest height to help maintain balance. Drop your hips and sit back as low as you can. Pause, then drive through the heels and lift body upwards back to the starting position, squeezing the glutes at the top of the movement.



**Calf Raises:** Stand on the balls of your feet. Lift heels until you're standing on your tippy toes.

**Abductors:** Hold the handrail or place your hand on the wall for balance. Stand with one foot (support leg is slightly bent) and the working leg free to move. Lift working leg away from support leg as high as it will go while maintaining a flexed foot.

**1 set = 10 reps. Repeat on other leg.**



# Stairs & Steps Challenges

## March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2x25 calf raise 5x10 abductor 4x10 squat 5 flight skip or 25 lunges if walking		1	2	3	4	5
6 2x25 calf raise 5x10 abductor 4x10 squat 5 flight skip or 25 lunges if walking	7	8	9	10	11	12
13 2x25 calf raise 5x10 abductor 4x10 squat 5 flight skip or 25 lunges if walking	14	15	16	17	18	19
20 2x25 calf raise 5x10 abductor 4x10 squat 5 flight skip or 25 lunges if walking	21	22	23	24	25	26
27	28	29	30	31		