

Just for the
HEALTH *of it!*



Fitness, Nutrition, Personal Health
Challenge Workbook
2016

*Never let it rest until
your good is better
and your better is BEST!*

This workbook belongs to:

Date:

Department Team Name:

My Challenge Buddy is:

Our Team Name & Number is:

I am Team Member **A** or **B**

(Alphabetical with Last Name)

This information is important and needs to remain consistent for reporting purposes.

www.healthymb.com

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Program Description

Be the BEST you can be! Take the CHALLENGE!

LENGTH - 8 week challenge

Start Date: Monday, May 23rd, 2016

Completion Date: Sunday, July 17th, 2016

Weekly CHALLENGES - Each week there will be 3 Categories of challenges. Challenges will begin on MONDAYS.

Fitness

Nutrition

Personal Well-being

Each category will have different levels of challenges with points associated with each level

Good = 10 points

Better = 20 points

BEST! = 30 points

GOAL- complete challenges in all categories and earn the associated points.

Weekly BONUS Activities-attend or participate in a learning activity.

7 minute webinar/video-10 points

Lunch and Learn-10 points

Elite Challenges-complete some of the elite bonus challenges for the entire challenge to earn an additional 80 points EACH. (See Elite Challenges list on page 14.)

Challenge Snowball -Each week that a challenge is introduced-you have the option to continue the challenge until the end and earn 10 points per challenge per week. Great way to keep the momentum going!!

Weight Loss-Although the primary goal of this program is to encourage total body wellness, the benefit of weight loss will occur for some individuals. Weekly weigh-ins are encouraged and will be tracked for additional incentives. Weight loss will be calculated based on % weight lost.

TEAM-Each participant needs to select a **BUDDY** that will encourage, support, & validate participation in challenges. This is a "Team Challenge!" Push each other to the NEXT Level!

TEAM NAMES- In effort to protect participant's names, progress, and scores, the team will need to select a "Celebrity Couple" name. Ex. Brad and Angelina, Laverne and Shirley.

You will also be assigned a **Team Number** for reporting purposes. Please keep these confidential and consistently use appropriate Department Team, Team Number, and identify if Team Member **A** or **B**.

Weekly results will be posted at www.healthygb.com. Watch for other recognition sites.

INCENTIVE -Commitment Fee due at start of program.

Each team member pays commitment fee.

Non-refundable

Funds will go toward Prizes. Payout depends on total \$ amount collected based on participation.

Winners- Amount of winners depends on amount of participants. More participants-more money to work with!

Prizes!! Will be determined by Department Champions and funds available. Could be weekly or final.

Facebook Page- You may receive access to private Facebook page. ONLY persons invited to page will have access and information shared will only be seen by the private group. *Great way to share information, recipes, progress, inspirational words, pictures of you sweating...*

Workbook- Use this booklet to guide you each week for challenges.

Website- go to www.healthygb.com to:

- Learn some TIPS about each challenge-visit every SUNDAY to get ready for challenges that start on MONDAY!
- Find recipes
- Links to resources
- See Results
- Report your scores weekly-Password for results is "healthy" all lowercase, click to login.

Participation in this program can be used as a **RAS**- Reasonable Alternative Standard!

To count for a **RAS** you must:

- Do the challenges weekly
- Report the results weekly on www.healthygb.com
- Obtain a certificate at the end of the program

Just for the HEALTH of it! Creating a CULTURE of HEALTH!

Not only will you be competing with your department team-you are competing with department teams across the system!

- Several departments are participating!
- Which department is going to step it up and be the BEST?!
- Scores will be reported for each department team. Will be calculated as an average per # participants. (So the idea is for you to support each other...no donut sabotage please! ;)
- Department Team Results will be posted on website- www.healthygb.com and Facebook.
- Best part is we are all doing this TOGETHER! It will be AMAZING how many people you will meet on the stairs!



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Personal Pledge & Action Plan

This is for your information only. If you write goals down you are more likely to reach them!

General Health Goal:

Personal Goal:

In order to achieve my goals, I choose to:

Write down steps you will need to take in order to achieve your goals or challenges: What might get in the way of achieving? What can you do to avoid this? What is your back up plan if something doesn't work out?

1. _____
2. _____
3. _____
4. _____
5. _____

MY TEAM Buddy is: _____

This is VERY IMPORTANT!! A buddy is someone who will:

- Support you in the challenges.
- Work out with you.
- Share snacks with you.
- Encourage you-push you to the next level.
- Keep each OTHER accountable! Your BUDDY will need to validate that you "indeed" did complete the challenges. Honesty is the BEST policy! ;)

You are a TEAM! So you need to do the same for your Buddy!

Pre-Challenge Challenge:

Complete ONLINE Pledge- Earn 10 points!

Go to <https://www.surveymonkey.com/r/5YS7L8J> to answer a few questions or click on the link at www.healthygb.com.

**YOU DON'T HAVE
TO BE GREAT TO START,
BUT YOU HAVE TO
START TO BE GREAT**
- sig angler

**DO SOMETHING
TODAY
THAT YOUR FUTURE
SELF WILL
THANK YOU FOR.**
WWW.DAILYINSPIRATIONALQUOTES.IN

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YOUR STATS

This is for your information ONLY!
Research what the normal are for your gender and age and fill in normal column.

	Normal	Before	After
Date	-----		
Height (ft, in)	-----		
Weight (lbs.)			
Wrist Size (in)	-----		
Waist Size (in)	-----		
BMI			
Blood Pressure			
Total Cholesterol			
LDL Cholesterol			
HDL Cholesterol			
Chol/HDL Ratio			
Triglycerides			
Blood Glucose			

Fill in lab data from most recent Health Risk Assessment Results or Provider Visit.

It is AMAZING how some lifestyle changes
CAN change your stats!

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Weekly Weigh-in



Weekly Weigh in Rules:

- Pick a day of the week that you plan to “weigh in.”

 - You can weigh in one day before or one day after this day of the week.
 - Use the same scale (if able).
- Weigh in can be recorded and reported by any witness.
- Results must be reported to website form. Go to www.healthygb.com and select Department Team and then select your team number and report by **Tuesday of each week**.
- If you need help or have questions, please contact your Department Team Champions:
 - Department Champions and Contact Info

- Results will be posted on the **WEDNESDAY** after a weekly challenge finishes.

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Weekly Weigh-in



Pre-challenge starting weight: _____

Week	Date	Weight	Lbs. Lost	% Body Weight Lost
1				
2				
3				
4				
5				
6				
7				
8				

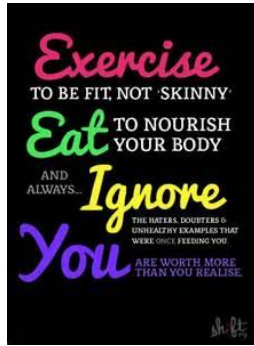
Report % body weight loss to results website www.healthygb.com by Tuesday of each week.

How to Calculate Weight Loss Percentage

The percentage of weight lost can easily be calculated by dividing the number of pounds you have lost by your starting weight and then multiplying this number by 100. (Note: always use your **STARTING WEIGHT** to calculate % weekly.)

For example, if your starting body weight was 200 pounds and your current weight is 180 pounds, subtract 180 from 200 to get the number of pounds lost, which in this case is 20 pounds. Now divide 20 by 200 to get 0.1. Then multiply 0.1 by 100 to convert it to a percentage, which in this case is 10 percent.

Just for the HEALTH of it!
Are YOU Ready??



Let food be thy medicine.
Hippocrates

Just for the HEALTH of it!

If you want to REALLY get the BEST Results...do the

ELITE Bonus Challenges

All worth an additional 80 extra points EACH!

Total will be awarded at the end of the 8 weeks and added to FINAL score!

- Break the HABIT for the entire challenge!
- Keep a FOOD Journal for the entire challenge!
- Track 10,000 steps daily for the entire challenge!
- Resist Fast Food for the entire challenge!
- Eat meatless for the entire challenge!
- Eat Plant-Based (No animal protein or dairy) the entire challenge!
- Eliminate Processed Foods the entire challenge!
- Replace soda or other artificial sweetened beverages with water the entire challenge.
- No alcohol for the entire challenge!
- Keep a gratitude journal the entire challenge-jot down 3 things daily!
- Perform a minimum of 40 minutes of movement (exercise) at least 3 times a week for the entire challenge!
- Eliminate sugary and white flour foods the entire challenge!
- Eliminate dairy (milk and eggs) the entire challenge!
- Get recommended sleep the entire challenge!
- Climb 8 flights of stairs daily the entire challenge!

Don't forget the Challenge Snowball- Each week that a challenge is introduced-you have the option to continue the challenge until the end and earn 10 points per challenge per week. Great way to keep the momentum going!! Can't double dip between elite and snowball - You will earn max points if you do the elite challenges!

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Week One Challenges

Fitness - Steps

10 good - Park in the walk lots or add 20 minutes of walking to your day, 7 out of 7 days.

20 Better - Track your steps, reach 10,000 steps 4 out of 7 days.

30 BEST! Track your steps, reach 10,000 steps 7 out of 7 days.

Nutrition - Food Journal (Choose own method: Fitness Pal, Calendar, Notebook.)

10 good - Keep a food journal for 2 out of 7 days.

20 Better - Keep a food journal for 5 out of 7 days.

30 BEST! Keep a food journal for 7 out of 7 days.

Personal Well-Being - Break the Bad! Give up ONE bad habit (Ex. Soda, Smoking, Alcohol, Swearing, Gambling, and Gossiping.) Habit: _____

10 good - Break the habit for 2 out of 7 days.

20 Better - Break the habit for 5 out of 7 days.

30 BEST! Break the habit for 7 out of 7 days.



Week One - Bonus Challenge 10 points

Watch "Forks over Knives" Documentary. List 3 things that you learned. Available on Netflix or check out DVD from department Champion.

1. _____
2. _____
3. _____

List ONE lifestyle change you plan to commit to based on what you learned: _____

- Attended/Viewed 7 minute webinar + 10 points
- Attended/Viewed Lunch and Learn + 10 points
- Completed Pre-challenge survey + 10 points

Total Score



Validated by: _____

Reported weight and score to website:

www.healthygb.com Date: _____

Week 1 Reflection: Share your thoughts on how your week was _____

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Week TWO Challenges

Fitness - Stair Challenge- "flight" is typically 16-18 steps.

10 good - Walk up to 8 flights of stairs once a day for 7 days.

20 Better - Walk up to 8 flights twice a day for 7 days.

30 BEST! Walk up to 8 flights three times a day for 7 days.

Nutrition - Water Challenge - Replace soda or other artificial sweetened beverages with water. Drink recommended ounces based on body weight.

10 good - Complete water challenge 2 out of 7 days.

20 Better - Complete water challenge 5 out of 7 days.

30 BEST! - Complete water challenge 7 out of 7 days.

Personal Well-Being - Meditation - Learn how to do some meditation techniques - there are free apps available!

10 good - Meditate for 2 out of 7 days.

20 Better - Meditate for 5 out of 7 days.

30 BEST! Meditate for 7 out of 7 days.



Week TWO - Bonus Challenge 10 points

Find an article that outlines the disadvantages of drinking soda or other artificially sweetened beverages and share on board or facebook.

OR Make and share pitcher of infused water!

- Attended/Viewed 7 minute webinar + 10 points
- Attended/Viewed Lunch and Learn + 10 points
- Challenge Snowball-10 points for each challenge you continued from week prior! +__ points

Total Score

validated by:  _____

Reported weight and score to website:

www.healthygb.com Date: _____

Week 2 Reflection: Share your thoughts on how your week was _____

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Week Three Challenges

Fitness – New Experiences-Try a new type of exercise.
(Running, cycling, Zumba, Swimming, Cardio Class, etc.)

10 good – Once this week.

20 Better – Twice this week.

30 BEST! Three times this week.

Nutrition – Meatless

10 good – Eat meatless meals/snacks for 2 out of 7 days.

20 Better – Eat meatless meals/snacks for 4 out of 7 days.

30 BEST! – Eat meatless meals/snacks for 7 out of 7 days.

Personal Well-Being – Sleep Challenge-Lay your head to rest one hour before normal or get recommended hours of sleep.

10 good – Sleep Challenge 2 out of 7 days.

20 Better – Sleep Challenge for 5 out of 7 days.

30 BEST! Sleep Challenge 7 out of 7 days.





Week Three- Bonus Challenge **10 points**

Share a meatless recipe on board or facebook.

OR Organize a group fitness event-Running, walking, fitness class, etc.

- Attended/Viewed 7 minute webinar + 10 points
- Attended/Viewed Lunch and Learn + 10 points
- Challenge Snowball-10 points for each challenge you continued from week(s) prior! +__ points

Total Score



validated by: _____

Reported weight and score to website:

www.healthygb.com Date: _____

Week 3 Reflection: Share your thoughts on how your week was _____

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Week Four Challenges

Fitness - Minutes of Exercise

10 good - Clock 30 minutes of movement daily.

20 Better - Clock 40 minutes of movement daily.

30 BEST! Clock 60 minutes of movement daily.

Nutrition Eliminate Dairy (milk and eggs)

10 good - Eliminate dairy products for 2 out of 7 days.

20 Better - Eliminate dairy products for 5 out of 7 days.

30 BEST! Eliminate dairy products for 7 out of 7 days.

Personal Well-Being - Play! All work and no

play makes for dull people...do something

FUN! (Ex. Go Dancing, Attend Concert, Movie, Game Night, Date Night)

10 good - Play once this week.

20 Better - Play twice this week.

30 BEST! Play twice this week, one play date should include team members in this challenge.



 dairy-free conversion chart				
Dairy Milk Substitutions: (DMS)	1 C buttermilk	1 TBS butter	1 C butter	1 stick butter
	1 C DMS + 1 TBS vinegar or TBS lemon juice	2 1/2 tsp olive oil or 1 TBS coconut oil	1 1/2 C olive oil or 1 C coconut oil	6 TBS apple sauce + 2 TBS coconut oil
almond milk coconut milk hemp milk	Stir & use	Just use	Just use	Mix & use
1 C sour cream	1 C sweet cream	1 C yogurt	1 C thick cream	1 C whip cream
1 C coconut milk + 2 drops lemon juice + 1/16 tsp tapioca starch	1/2 C cashews + 1/2 C coconut cream concentrate	1/2 C coconut milk + 1/2 C apple sauce	+ 1 C cashews + 2 tsp ACV or lemon juice + dash salt	1 C coconut milk + orange zest + honey (optional)
Whisk & use	Process & use	Mix & use	Process & use	Mix & drizzle
Avoid using olive oil at temperatures higher than 200° F. © www.toxicfreechallenge.com				

Week Four - Bonus Challenge 10 points

Share a dairy-free recipe or snack with staff or on board or facebook.

- Attended/Viewed 7 minute webinar + 10 points
- Attended/Viewed Lunch and Learn + 10 points
- Challenge Snowball-10 points for each challenge you continued from week(s) prior! +__ points

Total Score

Validated by: _____

Reported weight and score to website:

www.healthygb.com Date: _____

Week 4 Reflection: Share your thoughts on how your week was _____

Just for the HEALTH of it!

Week Five Challenges

Fitness - Wall Sit Contest - Place back against the wall and hold a sitting position (strengthens core muscles and quads). Can break up in segments as needed.

10 good - Do 2 minutes of wall sits everyday

20 Better - Do 4 minutes of wall sits everyday

30 BEST! Do 6 minutes of wall sits everyday



Nutrition - Sugar and white flour challenge - eliminate candy, soda, donuts, cakes, etc.

10 good - Eliminate sugary foods and white flour foods for 2 out of 7 days.

20 Better - Eliminate sugary foods and white flour foods for 5 out of 7 days.

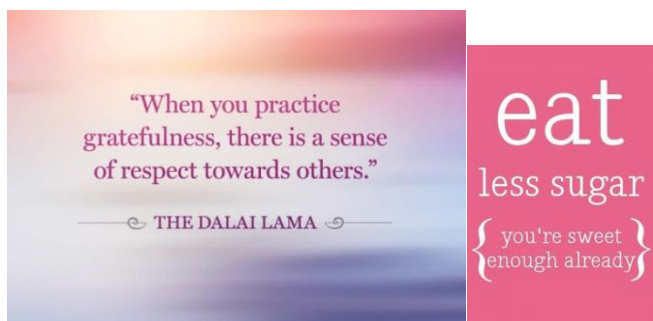
30 BEST! Eliminate sugary foods and white flour foods for 7 out of 7 days.

Personal Well-Being - Gratitude - jot down 3 things that you are grateful for.

10 good - Record gratitude 2 out of 7 days.

20 Better - Record gratitude 5 out of 7 days.

30 BEST! Record gratitude 7 out of 7 days.



Week Five - Bonus Challenge 10 points

Share a naturally sweetened snack (no sugar added) or whole-grain baked good (no white flour) with your co-workers. Find and share the recipe! (ex. Fruit, Smoothies, Pudding, Apple Crisp)

OR practice an "Act of Kindness."

- Attended/Viewed 7 minute webinar + 10 points
- Attended/Viewed Lunch and Learn + 10 points
- Challenge Snowball-10 points for each challenge you continued from week(s) prior! +__ points

Total Score

Validated by: _____

Reported weight and score to website:

www.healthymb.com Date: _____

Week 5 Reflection: Share your thoughts on how your week was _____

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Week Six Challenges

Fitness - Ab Challenge

10 good - Hold a plank for as long as possible on day 1 then increase your hold time by 5 sec. each day after that 3 times a week.

20 Better - Hold a plank for as long as possible on day 1 then increase your hold time by 5 sec. each day after that 5 times this week.

30 BEST! Hold a plank for as long as possible on day 1 then increase your hold time by 5 sec. every day this week.

Nutrition - Home Cooking- $\frac{3}{4}$ of meal must include vegetables

10 good - Cook 3 out of 7 dinners at home.

20 Better - Cook 4 out of 7 dinners at home-make one meal plant based (plant based = no meat or dairy)

30 BEST! Cook 7 out of 7 dinners at home-make two meals plant based (plant based = no meat or dairy).

Personal Well-Being - Humor Challenge

10 good - Look around your house, search the web. Make a note of who and what you find funny and entertaining. And now—spend 15 minutes enjoying one of your favorites.

20 Better - Tell a joke! Hopefully someone will laugh!

30 BEST! *Be silly!* Try answering the phone with a fake accent. Wear bright green socks to work. Maybe even try your own silly walk! Have a Laugh Off-Laugh for 1 minute for no reason. Make note of how it made you feel or how people reacted.

I LIKE PEOPLE WHO MAKE ME LAUGH.
I HONESTLY THINK THAT LAUGHING
IS THE THING I LIKE MOST. IT CURES
A MULTITUDE OF ILLS. IT'S PROBABLY
THE MOST IMPORTANT THING IN A PERSON.
(AUDREY HEPBURN)

WORRY
LESS
GIGGLE
MORE

Week Six- Bonus Challenge 10 points

Find a plant-based alternative recipe for some of your favorite foods and share on the board or facebook page.

- Attended/Viewed 7 minute webinar + 10 points
- Attended/Viewed Lunch and Learn + 10 points
- Challenge Snowball-10 points for each challenge you continued from week(s) prior! +__ points



Total Score

validated by: _____

Reported weight and score to website:

www.healthygb.com Date: _____

Week 6 Reflection: Share your thoughts on how your week was _____

Just for the HEALTH of it!

Week Seven Challenges

Fitness - Push Up Contest-(pushups can be broken up into any amount until the total for the day is met)

10 good - Do 10 pushups 3 out of 7 days

20 Better - Do 20 pushups 5 out of 7 days

30 BEST! Do 30 pushups 7 out of 7 days



Nutrition - Eliminate Processed Foods

10 good - Eliminate Processed Foods for 2 out of 7 days.

20 Better - Eliminate Processed Foods for 4 out of 7 days.

30 BEST! Eliminate Processed Foods for 7 out of 7 days.

Personal Well-Being - Art Project-Adult Coloring Book. Post some of your work in the break room.

10 good - Complete 1 art projects this week.

20 Better - Complete 3 art projects this week.

30 BEST! Complete 5 art projects this week.



Don't eat to live...Live to Eat.

Week Seven- Bonus Challenge 10 points

Research the fat-calorie-fiber-sugar content of your favorite 3 processed foods and share on the board or facebook page.

- Attended/Viewed 7 minute webinar + 10 points
- Attended/Viewed Lunch and Learn + 10 points
- Challenge Snowball-10 points for each challenge you continued from week(s) prior! +__ points

Total Score



Validated by: _____

Reported weight and score to website:

www.healthygb.com Date: _____

Week 7 Reflection: Share your thoughts on how your week was _____

Just for the HEALTH of it!

Week Eight Challenges

Fitness - Lunge Challenge

10 good - Do 15 lunges on each leg for 3 sets for 3 of 7 days

20 Better - Do 15 lunges on each leg for 3 sets for 4 of 7 days with the option to add weights.

30 BEST! Do 15 lunges on each leg for 3 sets for 5 of 7 days with weights



Nutrition - Stay away from Fast Food (This includes Chiptole, Qdoba, Noodles, Jimmy Johns, Subway...)

10 good - Resist Fast Food except 2 visits.

20 Better - Resist Fast Food except 1 visit.

30 BEST! Resist Fast Food completely for one week

Personal Well-Being - Pamper yourself! You have come this far, do something for YOU!

10 good - Get a massage!

20 Better - Buy a new outfit!

30 BEST! Do a total makeover-outfit, hair, nails! (Yes, men can get pedicures too!)

Pam-per - verbs (used with object)-
to treat or gratify with extreme
or excessive indulgence, kindness, or care



Week Eight - Bonus Challenge 10 points

Research the fat-calorie-fiber-sugar content of your top 3 fast food and share on the board or facebook page.

OR Share what you have learned, your accomplishments, and experiences you have had in the past 8 weeks with 3 people (ex. parents, friends, patients). Provide resources you have shared on board or facebook page.

- Attended/Viewed 7 minute webinar + 10 points
- Attended/Viewed Lunch and Learn + 10 points
- Challenge Snowball-10 points for each challenge you continued from week(s) prior! +__ points

Total Score

Validated by: _____

Reported weight and score to website:

www.healthygb.com Date: _____

Week 8 Reflection: Share your thoughts on how your week was _____

Congratulations! YOU did IT!!!

Just for the HEALTH of it!

1. What did you achieve? What are you proud of?

2. What made it hard?

3. What made it work?

4. Go back and fill in your stats! Are they AMAZING?
Are you surprised?!



YOU WERE STRONG ENOUGH TO GET THIS FAR.
YOU ARE STRONG ENOUGH TO KEEP GOING.

Make a pledge to continue at least three
HEALTHY HABITS lifelong!

1. _____

2. _____

3. _____

For some final 25 BONUS points...Complete the
POSTSURVEY (check website for link!)

Attend Celebration: TBD-REVEAL (if you want to) who you were
and share your success! 😊

Resources



www.healthygb.com

Fitness

- www.bellinfitness.com
 - Bellin Fitness Center-Bellevue 433-6756
 - Bellin Fitness Center -Ashwaubenon 430-4756
- <https://bellin.bridgeapp.com>
- Fitbit
- Fitness apps: map my run or Nike trainer

Nutrition

- www.perm.org
- <http://planttricianproject.org/>
- <http://www.forksverknives.com/>
- <https://bellin.bridgeapp.com>
- Personal Health Coaches-Allie & Sandy 433-3501 ex 3041

Personal Well-being

- TED talks
- Mindfulness is a superpower
<https://www.youtube.com/watch?v=w6T02g5hnT4>
- How to guide on meditation:
<http://www.bing.com/videos/search?q=how+to+meditate+animation&view=detail&mid=0EC2225477CD654388CE&FORM=VIRE10>