

A lifestyle change plan for parents to guide their children, spouses to motivate each other and loved ones and friends to work together for improved health.



# HUNTINGTON HEALTH REVOLUTION

## 90-DAY CHALLENGE

The mission of the Huntington Health Revolution is to inform and promote physical activity each day, eating a nutritious diet, getting preventative screening and avoiding risky behaviors among citizens of the Huntington area.

*Week of May 31* ■ Sign up this week for the Huntington Health Revolution 90-Day Challenge.

|                          | Diet   | Exercise  | Spirit   |
|--------------------------|--|---|--|
| <i>Week of June 7</i>    | ■ Subtract one sugary drink (soda, kool-aid, sweet tea, sports drinks, etc.) and add a glass of water each day.        | ■ Walk 30 minutes total each day (divide into 5 or 10 minutes segments if needed.)  | ■ Take 5 minutes each day for quiet time; no T.V., music, reading or conversation. Sit quietly, breathe deeply and pray if you choose. |
| <i>Week of June 14</i>   | ■ Subtract one processed food item (chips, cookies, sugary cereal, crackers) and add a fruit and a vegetable each day. | ■ Ask a trusted friend or family member to be your exercise accountability partner. Let them know your goals.   | ■ Record one thing in your life that you are grateful for, each day of the week.   |
| <i>Week of June 21</i>   | ■ Read the food labels on packaged foods and only eat/drink the suggested serving size.                                | ■ Play a game for 30-60 minutes with family or friends; try Frisbee, badminton, kickball, hopscotch or basketball. Do this at least one day per week. | ■ Spend an hour with a friend or loved one who makes you laugh.  |
| <i>Week of June 28</i>   | ■ Eat a healthy protein each day such as non-fried fish, eggs, chicken, pork chops or lean beef.                       | ■ Invite a friend, family member or co-worker to exercise with you for 30 minutes once a week.  | ■ Add 30 minutes each week to learn more about your religion or the religion of a friend.  |
| <i>Week of July 5</i>    | ■ Add a healthy portion controlled brown bag lunch to your week and subtract one restaurant lunch.                     | ■ Try a new form of exercise such as biking, hiking, swimming, workout video fitness.   | ■ Move more slowly this week; slow down at yellow lights, notice the sky and trees while you walk, sit down and enjoy each meal.       |
| <i>Week of July 12</i>   | ■ Subtract one dessert this week.  | ■ Add a day of exercise to your weekly routine.   | ■ Go to bed 30 minutes earlier each day.   |
| <i>Week of July 19</i>   | ■ Subtract mayonnaise and switch from ketchup to mustard.  | ■ Replace 30 minutes of television or computer time with 30 minutes of exercise.  | ■ Do one kind deed for someone.  |
| <i>Week of July 26</i>   | ■ Use spices for seasoning and subtract salt.  | ■ Buy a pedometer and wear it all day. Set a goal number of steps to reach by the end of the day. Try to beat it the next day.                        | ■ Compliment someone.  |
| <i>Week of August 2</i>  | ■ Consciously eat three servings of fat free dairy each day.   | ■ Stretch for 15 minutes every day this week.   | ■ Write a thank you letter to someone who has made a positive impact on your life.   |
| <i>Week of August 9</i>  | ■ Try your favorite vegetable baked/grilled instead of fried.  | ■ Subtract elevators/ escalators from your daily routine and take the stairs.   | ■ Take a nap!  |
| <i>Week of August 16</i> | ■ Don't go back for seconds; stop eating before you feel full.   | ■ Pick one place you normally drive to and walk or bike instead.  | ■ Choose one day of the week for a positive attitude only.   |
| <i>Week of August 23</i> | ■ Cook dinner with a family member at least once a week.   | ■ Participate in a local walk/run with a friend.  | ■ Be a mentor to someone.  |