

# Healthy Life Style Challenge

March 13- April 14, 2023

10,000 Steps Daily

Consume 64oz of water  
Daily

2 Servings of Fruit  
Daily

3 Servings of Vegetables  
Daily

Source of Protein for  
Every Meal Daily

7+ Hours of Sleep a Night



**\*\*Incentives will be give  
to the first 5 participants.\*\***

"Healthy eating is a way of life, so it's important to establish routines that are simple, realistically, and ultimately livable." – Horace.

To sign up please call (928) 769-1630 or come by the SDPI building. A registartion form will be given to you. After completion of form a small packet will be handed to you for your daily logs