

## Weekly Challenges

Would you like to share weekly wellness challenges with your family? You can find all of our past topics here. Please email [Stephanie Brookshier](mailto:Stephanie.Brookshier) for more info on any of the challenges you see below.



### Weekly Challenges 2011

January: Resolutionary

Week 1: Monitor SMART

Week 2: Arrange to achieve

Week 3: Imagine your indulgence

February: Don't go breaking your heart

Week 1: Start your heart health

Week 2: Eat for your heartbeat

Week 3: Take a chill pill

March: Minding your mood

Week 1: Quote to your health

Week 2: Just laugh

Week 3: Help!

April: Adult Fitness/ Lean Screen

Week 1: Strength/ Screen it

Week 2: Walk/ Trash tobacco

Week 3: Record your results/ Strive for five

May: Stress Less

Week 1: How stressed are you?

Week 2: Think away stress

Week 3: Shut it down

June: Think Green

Week 1: How trashy are you?

Week 2: Diet for the environment

### Weekly Challenges 2011

July: Financial Fix

Week 1: Financial goals

Week 2: Your credit report

Week 3: R.E.S.P.E.C.T.

August: Time is on your side

Week 1: How do you manage?

Week 2: If you think it, ink it

Week 3: New year check up

September: Live Long

Week 1: Check yourself

Week 2: Your special purpose

Week 3: A natural facelift p(l) eas(e)

October: Cancer Awareness

Week 1: Top ten

Week 2: Lung cancer

Week 3: Breast cancer

November: Remember?

Week 1: Doodle for your noodle

Week 2: Nutrition brain boost

Week 3: Neurobicize

December: Laugh it off