

The Northland Healthier You Challenge is an 8-week program designed to encourage overall wellness, consistent physical activity, and healthy diet choices. We hope you find this to be a fun experience for developing positive lifestyle changes. You must be at least 18 years of age to participate.

REGISTRATION

The registration deadline is **January 12**. A registration form can be downloaded at northlandchc.org/healthier-you-challenge or picked up at any Northland Health Centers patient services desk. If you would like to compete for grand prizes, an enrollment fee of \$20 is required at time of registration.

Please note that **no weigh-ins** will be completed at the clinic for this challenge. You will be asked to self-report your weight on the registration form and on weekly activity reports.

You may submit your completed registration form in any of the following ways:

- Drop off form at a Northland Health Centers patient services desk at any time without an appointment
- Mail to: Northland Health Centers
PO Box 535
Turtle Lake ND 58575
- Email to lfiedler@northlandchc.org

REPORTING ACTIVITIES & WEEKLY PRIZE DRAWINGS

Your challenge is to earn as many points as possible each week for 8 weeks. Keep track of your activities using the **Activity Log** which you can download at northlandchc.org/healthier-you-challenge. Report your activities each week for a chance to win prizes. **All information must be submitted ONLINE** at northlandchc.org/healthier-you-challenge. Weeks runs **Sunday through Saturday**. All participants who submit weekly activity information by **Sunday at 11pm** will be considered for the weekly drawing for small prizes relevant to health and fitness. If you do not meet the prize deadline, you will not be eligible for the weekly drawing that week; however, **your activities can be submitted late and will still count towards your overall score for grand prizes**. Point totals and weekly winners will be posted online. Participants who don't pay an enrollment fee are eligible for weekly prizes, but not grand prizes.

EARNING POINTS

DAILY POINTS:

- **Sugar:** Up to 5 points daily for avoiding sugary treats
- **Fruits & Vegetables:** Up to 5 points daily for consuming fruits/vegetables
- **Exercise:** Up to 5 points daily for physical activity

SUGAR POINTS:

You earn **5 points** each day you consume **0 servings** of sugary treats.

You earn **2 points** each day you consume **1 serving** of sugary treats.

Consuming more than 1 serving, earns you zero points for the day.

What are sugary treats? People can usually recognize sugary treats as candy, cookies, cake and donuts. Sugary treats also include soda/pop and other beverages that are high in sugar. Read this article for reasons why you should want to cut back on sugar.

<https://www.popsugar.com/fitness/Why-You-Should-Eat-Less-Sugar-22830509>

FRUITS & VEGETABLES POINTS:

You earn **5 points** each day you eat **5 servings or more** of fruits and vegetable.

You earn **2 points** each day you eat **2-4 servings** of fruits and vegetable.

Consuming fewer than 2 servings, earns you zero points for the day.

Visit: http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Fruit-and-Vegetable-Serving-Sizes-Infographic_UCM_468564_SubHomePage.jsp for specifics on what counts as a serving.

The current recommendation by the American Heart Association is to enjoy 5+ servings of fruits and vegetables daily. The benefits of eating fruits and vegetables include weight management, lower blood pressure; reduced risk of heart disease, stroke, and some cancers; lower risk of eye and digestive problems; and a mellowing effect on blood sugar that can help keep appetite in check.

EXERCISE POINTS:

You earn **5 points** each day you exercise **30 minutes** or more.

You earn **2 points** each day you exercise **10-29 minutes**.

Exercising fewer than 10 minutes, earns you zero points for the day.

The goal is to **intentionally** participate in physical activity for the purpose of improving your health. Physical activities required for your work or daily chores do not count. Studies show that in order to improve health, adults must accrue at least 150 minutes of moderate activity or 75 minutes of vigorous activity each week.

GRAND PRIZES

Enrollment fees will be divided to award cash prizes for first, second, and third place winners.

Participants must pay a **\$20 enrollment fee** at time of registration to be eligible to compete for grand prizes. Prizes will vary based on the number of participants in each challenge. The more participants, the greater the grand prizes, so get your friends to join in on the competition. First place winners will receive 50% of fees collected; second and third place winners will receive 30% and 20% respectively.

Points earned during the challenge and data collected at the beginning and end of the challenge will be used to determine grand prize winners. All participants who report a beginning and ending weight will received 25 additional points for each percent of body weight lost. Percent of Body Weight Lost is calculated by dividing weight lost by starting weight at beginning of challenge. Points will not be subtracted if weight is gained.

Northland Health Centers wish you success in the Healthier You Challenge and your personal fitness goals!