

THE CHALLENGE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>To increase weekly physical activity.</p> <p>Eat more fruits and vegetables.</p> <p>Substitute time in front of the TV and computer with recreational activities.</p> <p>Eat regular healthful meals</p> <p>Get regular health check-ups.</p> <p>Stop the use of unhealthy substances.</p> <p>Find healthy ways to reduce stress.</p> <p>Eat less fatty, salted and sugary foods.</p> <p>Get at least 7 hours of sleep each night.</p> <p>Do fun physical activities as a family.</p> <p>Learn more about how to be and stay healthier.</p>	<p>Spring Into Fitness...</p> <p>Get out and Move!</p>		<p><b>1</b> <b>April Fool's Day</b></p> <p>Calories in + energy out = your weight.</p> <p>That's no fooling.</p>	<p><b>2</b> <b>Kick Butts Day</b></p> <p>Don't allow tobacco to control you.</p> <p>Tobacco use is the single largest cause of preventable premature death in the United States.</p>	<p><b>3</b></p> <p>Something as simple as good posture can lead to a better feeling about yourself.</p> <p>Practice sitting up straight every day.</p>	<p><b>4</b></p> <p>The "average" American drinks 56 gallons of soda a year.</p> <p>Don't be "average." Be healthy.</p> <p>Drink more water.</p>	<p><b>5</b> <b>YMCA Healthy Kids Day</b></p> <p>Attend Healthy Kids Day at the YMCA of Mount Vernon 103 Main Street from 10 a.m. - 3 p.m.</p>
	<p><b>6</b></p> <p>No one can take better care of <b>YOU</b> than <b>YOU!</b></p> <p>So, do what you can to eat right and exercise.</p>	<p><b>7</b> <b>National Public Health Week</b></p> <p>Remember to wash your hands often, especially before eating. It's the #1 way to avoid disease and illness.</p>	<p><b>8</b></p> <p>Have arthritis? Don't sit still for the pain.</p> <p>30 minutes of moderate physical activity, three or more times a week, can actually help relieve arthritis pain.</p>	<p><b>9</b></p> <p>Watch your portion sizes.</p> <p>Restaurant portions can be surprisingly large</p> <p>To avoid overeating, split your entree with a friend.</p>	<p><b>10</b></p> <p>No time to workout is no excuse!</p> <p>Make the time!</p>	<p><b>11</b></p> <p>Say no to the "Biggie" size. A "Biggie" regular soda has 400 calories and 29 teaspoons of sugar.</p> <p>"Biggie" sizes can lead to biggie problems.</p>	<p><b>12</b></p> <p>Learn what vitamins are in the foods you eat.</p> <p>Consider taking a multi-vitamin supplement.</p>
	<p><b>13</b></p> <p>Commit to maintaining a healthy body and attitude.</p> <p>Phrase goals positively.</p> <p>Say to yourself: "I will eat nourishing foods," not "I will go on a diet."</p>	<p><b>14</b></p> <p>Take a moment to stretch.</p> <p>Simple stretching exercises warm your muscles, making them more flexible and less prone to injury.</p>	<p><b>15</b></p> <p>Attend the Community Health Fair at Mount Vernon Nazarene University from 10 a.m. - 3 p.m.; Health screenings, child car seat check free health information, and much more .</p>	<p><b>16</b></p> <p>Take time to eat breakfast.</p> <p>A healthy breakfast increases your intake of fiber, vitamins and minerals.</p> <p>You'll feel more energetic throughout the day.</p>	<p><b>17</b></p> <p>Take the stairs instead of the elevator.</p> <p>Daily aerobic activity can decrease your risk of stroke, heart disease and diabetes.</p>	<p><b>18</b> <b>Good Friday</b></p> <p>When eating at a restaurant, get a "doggie bag" right away.</p> <p>Put 1/2 of your food away and save it for lunch the next day</p>	<p><b>19</b></p> <p>Is fat in your child's future?</p> <p>Kids become less active as they move through adolescence.</p> <p>Make physical activity a regular part of your child's life.</p>
	<p><b>20</b> <b>Easter Sunday</b></p> <p>Resist temptation today.</p> <p>Say "no" to second helpings, sugar, caffeine and snacking between meals.</p>	<p><b>21</b></p> <p>When was the last time you visited your physician? ... the dentist? ...the eye doctor?</p> <p>Make time for annual check-ups.</p>	<p><b>22</b></p> <p>Eat one more serving of fruit today.</p> <p>Try a banana for breakfast or an apple at lunch.</p>	<p><b>23</b></p> <p>Are you an emotional eater?</p> <p>Know the signs!</p> <p>Be prepared with low-fat snacks and other ways to deal with stress.</p>	<p><b>24</b></p> <p>Get more sleep.</p> <p>When you are tired, you tend to eat more to stay awake and a tired body doesn't use up that extra "energy" created by the food.</p>	<p><b>25</b></p> <p>The next time you go shopping or to the grocery, park farther away. A brisk walk across the parking lot can burn up to 8 calories per minute</p>	<p><b>26</b> Go out and say "Hi" to a neighbor.</p> <p>Strolling around the neighborhood is a good way to get fresh air. Studies show that socializing is linked to longer life.</p>
	<p><b>27</b></p> <p>Invite friends or neighbors over for dinner today.</p> <p>You're less likely to over-eat when eating with a group.</p>	<p><b>28</b></p> <p>Great-tasting 100-calorie snacks:</p> <p>1 medium pear, 1/2 of an English muffin, 25 grapes, 12 almonds, 3 cups of air-popped popcorn.</p>	<p><b>29</b></p> <p>Skip the soda at lunch today.</p> <p>One 12 oz. regular soda equals 180 calories.</p>	<p><b>30</b></p> <p>If you are overweight, you are not alone.</p> <p>60% of Ohio adults are overweight or obese.</p>	<p><b>31</b></p> <p>The best exercise is the one you enjoy.</p> <p>Get out and move!</p> <p>Physical activity keeps you energized.</p>	<p><b>THIS IS CHILDHOOD IMMUNIZATION MONTH.</b></p> <p>Make sure your child's shots are up-to-date.</p>	