

Join us for the

# Habits for Health Challenge

**Forming healthy habits can be hard, but life changing—though most people give up on new habits after only one month of trying. Luckily, we have ideas and fun tips to help you form new healthy habits and stick with them!**

## **What's it about?**

The Habits for Health Challenge encourages you to practice healthy activities that will help you form long-lasting, healthy habits.

## **How long is the campaign?**

Four Weeks

## **The Challenge**

Choose at least 10 different activities from the list provided to participate in each week. Earn one point for each day that you participate in an activity—earn 10 points to complete the challenge!

