

Habits for Health Challenge

Social Media Challenge

Share your wellness journey on Facebook for the Habits for Health Challenge! Start by “Liking” the Schurz Choice Facebook page. Post a photo, comment, or link to the page according to the weekly schedule below. Be sure to use the hashtag **#SchurzChoiceHealthyHabits**

Facebook.com/SchurzChoice

GET SOCIAL: Facebook

- { Week 1 }** This week, take a picture of yourself making time for your family to eat a meal together during the week and post it to Facebook.
- { Week 2 }** Think of an exercise goal and post it to Facebook. An example might be to exercise for at least 30 minutes three times this week or to find an exercise buddy and create a schedule together.
- { Week 3 }** Did you try a new fruit or vegetable this week? Write a review of what you tried, how you prepared it, and whether you liked it or not. Post about your experience on Facebook.
- { Week 4 }** This week’s flyer references quizzes about health and wellness on health.howstuffworks.com/wellness. For this week’s social media challenge, visit that website, take one of the quizzes, and post the title of the quiz you took to Facebook.

#SchurzChoiceHealthyHabits

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BENEFITS PROGRAM