

# 10 WORK-DAY FOOD & FITNESS CHALLENGE

## MINI PLEDGE TIPS FOR SUCCESS

1. **Nature's Fast Food:** Eat three fruits and/or vegetables per day. Try to incorporate at least one fruit or vegetable with your breakfast, lunch, and dinner meals.  
Check out: <http://www.fruitsandveggiesmorematters.org/fruit-veggie-nutrition>
2. **Hydration:** Drink eight 8 oz. glasses of water daily.  
Check out: <http://gethealthyu.com/one-week-hydration-challenge/>
3. **Eat Vegetarian for A Day:** Check out: <http://www.wikihow.com/Eat-Healthy-as-a-Vegetarian> and <https://www.choosemyplate.gov/ten-tips-healthy-eating-for-vegetarians>
4. **"Expand Your Palate:"** Try two new whole foods. Whole foods are foods that can be picked out of gardens, fields, or off trees. These foods are unprocessed and in their most natural state. Whole foods typically do not contain added salt, carbohydrates, or fat. Examples include avocados, sweet potatoes, beans and nuts. Check out: <http://www.straightupfood.com/blog/> and <http://www.webmd.com/food-recipes/the-whole-foods-diet>
5. **100% Whole Grain:** Include 100 percent whole grains in two meals per day. Consume only 100 percent whole grains when eating bread, pasta, and any other products with grains. Look for the word "whole" in the ingredient list. Check out: <http://wholegrainscouncil.org/>
6. **Mindful Eating:** Eat one meal per day with no distractions (e.g., no TV, reading, or eating in the car). Mindful eating leads to better eating habits and allows you to use all your senses to explore, savor, and taste what you eat. Check out: <http://amihungry.com/what-is-mindful-eating/>
7. **Small Plate Movement:** For your largest meal of the day, use a plate no larger than 9" in diameter: smaller plates = smaller appetites. Check out: <http://smallplatemovement.org/>
8. **Fitness:** Walk a minimum of 20 minutes each day. National Walking Day is April 5 – be sure to walk to our Heart Walk Table in the Atrium! Check out: [http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Walking/Walking\\_UCM\\_460870\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Walking/Walking_UCM_460870_SubHomePage.jsp)

If you have questions about the challenge, please contact any one of the following Wellness Council members: Tanya Mack Rich, [tmack4@monroecc.edu](mailto:tmack4@monroecc.edu); Meg LeBeau, [mlebeau4@monroecc.edu](mailto:mlebeau4@monroecc.edu); or Katie Nicholas, [knicholas1@monroecc.edu](mailto:knicholas1@monroecc.edu).



Like the [MCC College Wellness Council](#) page on Facebook for additional information and encouragement during the challenge.

"It's never too late to start over. If you weren't happy with yesterday, try something different today. Don't stay stuck. Do better."