



American Heart Association®

Healthy for Good™

WHAT IS THE #MiniMyWay CHALLENGE?

NEW YEAR, BETTER YOU

- January through March, take on one, two or all three of our 4-week challenges for a total of 12 weeks of wellness activities!
- Learn from and engage with #MiniMyWay Ambassadors
- Track your challenges and upon completion earn a Lifestyle Change photo frame to share on social media!

CHART YOUR COURSE TO BE HEALTHY FOR GOOD™
TAKE ONE OR TAKE THEM ALL:

*Eat Smart
Challenge*



Kroger
health

*Be Well
Challenge*



**MERCY
HEALTH**

*Move More
Challenge*



Kellogg's



DOWNLOAD OUR 'HEART
WALK' APP ACTIVITY
TRACKER AVAILABLE
2/28-3/28





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#MiniMyWay EAT SMART 4-WEEK CHALLENGE

presented by: Kroger+
health

4-WEEK CHALLENGE ACTIVITY LOG



WEEK ONE : EAT SMART

Eat 4 servings of fruit and 5 servings of vegetables per day

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BSB GROUP INTERNATIONAL

WEEK TWO : EAT SMART + EAT @ HOME

Eat a home-cooked meal at least one meal per day

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WEEK THREE : EAT SMART + EAT @ HOME + DRINK WATER

Drink at least 64 oz. (or 8 cups) of water per day

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WEEK FOUR : EAT SMART + EAT @ HOME + DRINK WATER + RETHINK YOUR DRINK

Reduce your sugary drink consumption by 1-2 per day

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* See the next 4 pages for week-by-week challenge details.



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#MiniMyWay EAT SMART 4-WEEK CHALLENGE

presented by:

WEEK 1: EAT SMART

Week of:

Eat 4 servings of fruit and 5 servings of vegetables per day

Weekly challenged sponsored by:



Be sure to check the Nutrition Facts label on packaged foods to understand the serving size and number of servings per package. And be aware of “portion distortion.” The recommended serving size is often less than the amount you’re used to eating or the portion you are served, especially at restaurants.¹

THIS WEEK’S GOALS:

EAT 4 SERVINGS OF FRUIT PER DAY

EAT 5 SERVINGS OF VEGETABLES PER DAY

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More resources found at heart.org:

- <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/suggested-servings-from-each-food-group>

Examples:

1 medium whole fruit
½ cup cut-up fruit
¼ cup 100% fruit juice
¼ cup dried fruit

1 cup raw leafy greens
½ cup cut-up vegetables
½ cup cooked beans or peas
2¼ cup 100% vegetable juice



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#MiniMyWay **EAT SMART** 4-WEEK CHALLENGE

presented by:

WEEK 2: EAT @ HOME

Week of:

Eat a home-cooked meal at least one meal per day

Eating healthy can be easy, affordable and delicious. It's all about making smart choices to build an overall healthy dietary pattern. After all, a healthy diet can help reduce your risk of heart disease, stroke and lots of other things you'd rather avoid. The good news is, eating right doesn't have to be hard or require you to give up all of the foods you love.²

Weekly challenged sponsored by:



BSB GROUP INTERNATIONAL

THIS WEEK'S GOALS:

EAT 4 SERVINGS OF FRUIT PER DAY

EAT 5 SERVINGS OF VEGETABLES PER DAY

EAT HOME-COOKED MEAL AT LEAST ONE MEAL PER DAY

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More resources found at heart.org:

2. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-to-eat-healthy-without-dieting>
Recipes: <https://www.heart.org/en/healthy-living/healthy-eating/heart-check-foods> <https://recipes.heart.org/en/recipes>



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#MiniMyWay EAT SMART 4-WEEK CHALLENGE

presented by:

WEEK 3: DRINK WATER

Week of:

Drink at least 64 oz. (or 8 cups) of water per day

Weekly challenge sponsored by:



Remembering to drink enough water is easy during the summer, when higher temperatures and outdoor activities drive the point home. But staying adequately hydrated is just as important during the winter. Environmental humidity plays a role, said Stavros Kavouras, who directs the Hydration Science Lab at Arizona State University in Phoenix. Central heating causes drier interior environments during the winter, which can lead to increased water loss simply from breathing.

THIS WEEK'S GOALS:

EAT 4 SERVINGS OF FRUIT PER DAY

EAT 5 SERVINGS OF VEGETABLES PER DAY

EAT HOME-COOKED MEAL AT LEAST ONE MEAL PER DAY

DRINK AT LEAST 64 OZ. (8 CUPS) OF WATER PER DAY

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More resources found at heart.org:

Women should drink 8, 8-ounce glasses and men 12, 8-ounce glasses

<https://www.heart.org/en/news/2019/12/19/are-you-drinking-enough-water-during-winter-months>



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presented by: 

WEEK 4: RETHINK YOUR DRINK

Week of:

Reduce your sugary drink consumption by 1-2 per day

Weekly challenge sponsored by:



Take a minute and think about what you drink in a typical day. Unless you are a true water lover and mastered last week's challenge, you may be getting some extra, unneeded calories through sweetened soft drinks, sodas, iced tea, coffee, juice, and energy and sports drinks. In fact, sugary drinks are the number one source of added sugars in our diet. Some research suggests that when you drink calories, you aren't as satisfied as when you eat the same amount of calories in food. This could lead to eating more calories than you need.

THIS WEEK'S GOALS:

EAT 4 SERVINGS OF FRUIT PER DAY

EAT 5 SERVINGS OF VEGETABLES PER DAY

EAT HOME-COOKED MEAL AT LEAST ONE MEAL PER DAY

DRINK AT LEAST 64 OZ. (8 CUPS) OF WATER PER DAY

REDUCE YOUR SUGARY DRINKS—CUT OUT 1-2 PER DAY

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More resources found at heart.org:

4. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/rethink-your-drink-reducing-sugary-drinks-in-your-diet>