

# Fred Hutchinson/SCCA Healthy Challenge

## Healthy Habits 2007

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| <b>Physical Activity</b>   |  |
| <i>*You can take one day to rest.</i>  |  |
| <ul style="list-style-type: none"> <li>Engage in sustained moderate to vigorous activity*. (Examples of moderate activities include: walking, dancing, leisurely bicycling, ice-skating or roller-skating, horseback riding, canoeing, yoga, volleyball, golfing, lawn and garden maintenance, moderate to heavy housework. Vigorous activities include: jogging, fast bicycling, weight training, aerobic dance, martial arts, jumping rope, swimming, tennis, cross-country skiing.) New: total time may include up to 10 minutes of stretching</li> </ul> <p><i>*Cross-train by adding different activities to your routine to reduce injury and boredom.</i></p> | <b>1 point per 15 minutes.</b><br><b>Maximum of 4 points a day.</b><br><b>(limit of 18 points a week)*</b> |
| <b>Mental Health</b>   |  |
| <ul style="list-style-type: none"> <li>Engage in an activity that's at least 15 minutes in duration and provides stress relief and/or mental rejuvenation*. (Examples include, stretching/breathing exercises, meditating, reading a book, walking the dog, etc.. Please see <a href="#">list</a> for more suggestions)</li> </ul> <p><i>*Do not include activities for which you are claiming Physical Activity points.</i></p>   | <b>1 point per day.</b><br><b>Maximum of 5 points per week.</b>  |
| <b>Nutrition for Health:</b>   |  |
| <i>*You can slip one time on each of the below and still take the points for the week</i>  |  |
| <ul style="list-style-type: none"> <li>Eat a healthy breakfast</li> </ul>  | <b>2 points</b>  |
| <ul style="list-style-type: none"> <li>Eat 5 or more servings of fruits and vegetables daily. (serving size: 1 cup salad, 1 medium piece fruit, ½ cup cut-up fresh fruit, ¼ cup dried fruit, ½ cup raw or cooked vegetables, ¾ cup 100% juice, ½ cup cooked). Include a rainbow of colors – at least one fruit or vegetable from each color group weekly: Blue/purple, yellow/orange, red, green, white. See the <a href="#">5-a-day</a> colorful options.</li> </ul> <p>Recommended intakes: Men = 7 to 9 servings daily; Women = 5 or more servings daily. See the <a href="#">USDA Food Pyramid</a> for more information.</p>                                     | <b>4 points</b>  |
| <ul style="list-style-type: none"> <li>Eat one or more whole grain food daily (whole grain foods = foods that name one of the following <u>first</u> on the food label ingredient list: whole wheat, whole rye, whole oats, bulgur, bran cereal, brown rice, oatmeal, graham flour, popcorn, whole grain corn, pearl barley, kasha, quinoa, millet.) See the <a href="#">USDA Food Pyramid</a> for more information.</li> </ul> <p>Recommended daily fiber intake (Read food labels for fiber content):<br/>           &gt; 50 years old: Men: 30 grams/Women: 21 grams<br/>           ≤ 50 years old: Men: 38 grams/Women: 25 grams</p>                             | <b>2 points</b>  |
| <ul style="list-style-type: none"> <li>Consume 1000 milligrams calcium daily from food and/or supplements. (Calcium-rich foods include milk, cheese, calcium-fortified cottage cheese, yogurt, calcium-fortified orange juice, calcium-fortified soy milk, calcium-fortified rice milk, calcium-processed tofu, almonds, legumes, broccoli, greens. Read the food label: %calcium X 10 = milligrams calcium per serving.)</li> </ul> <p>Adults: 19-50 yrs 1000 mg; 50 + yrs 1200 mg</p>  | <b>2 points</b>  |
| <b>General Health</b>  |  |
| <i>*You can slip one time on each of the below and still take the points for the week</i>  |  |
| <ul style="list-style-type: none"> <li>Floss and brush teeth daily</li> </ul>  | <b>1 point</b>   |
| <ul style="list-style-type: none"> <li>Sleep 7 hours or more each night of the week</li> </ul>   | <b>2 points</b>  |
| <ul style="list-style-type: none"> <li>Consume no more than 1 alcohol drink per day (one drink = 5 ounces wine, 12 ounces beer, 1 ½ ounces 80 proof distilled spirits) (the American Heart Association recommends a limit on alcohol intake to no more than 2 drinks a day for men, and 1 drink a day for women)</li> </ul>  | <b>2 points</b>  |
| <b>Special Events</b>  |  |
| <ul style="list-style-type: none"> <li>Attend any 5 of the 10 scheduled Challenge events</li> </ul>  | <b>2 points per event</b>  |
| <ul style="list-style-type: none"> <li>Maintain a Challenge Journal or Achieve Your Personal Fitness Goal</li> </ul> <p>If you were not in the habit of exercising at least 30 minutes three times a week, we encourage you to maintain a simple journal in lieu of a setting a goal (see further information and a journal format suggestion on our web site).</p> <p>Regular exercisers or others who prefer the goal option: Set a personal fitness goal that is measurable at the end of each four week segment.</p> <p>You can earn 10 points at the end of each 4-week period if you kept up your journal or meet your goal (weeks 4, 8 and 12).</p>           | <b>10 points every four weeks</b><br><b>(maximum of 30 points)</b>   |