

# WELLNESS CHALLENGE MAY 2019

Mankato Area Public Schools is partnering with Mayo Clinic Health System to encourage healthy habits. Join the challenge by marking off each activity you participate in. Then, share your results with your site representative and celebrate your accomplishments.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BONUS</b>	<b>BONUS</b>	<b>BONUS</b>				
<b>PREP FOR THE WEEK</b> Plan meals for the week	<b>ATTEND A FREE FITNESS CLASS</b> Lincoln Community Center May 1, 2, 7, 8 and 9	<b>FITNESS TENNIS FOR ALL LEVELS</b> May 6, 6:30–7:15 p.m. East High School Courts Bring your racket	<b>1 Kickoff Walk</b> Meet at West High School Annex parking lot at 5 p.m. First 70 people receive a free t-shirt.	<b>2 park &amp; walk</b> Park further away in parking lot and walk	 Connect with a friend or family member you haven't seen in a while	<b>4</b> Try a new vegetable 
<b>5</b> Get in an outdoor workout – run, bike, hike or walk 	<b>6 MINDFUL MONDAY</b> Jot down three things you are grateful for and share with someone	 <b>7 Try It Tuesday</b> Eat a fruit or vegetable you don't normally eat	<b>8 WALK, BIKE OR MOVE</b> Grab a colleague and go for a walk on a local trail	<b>9 Rethink Your Drink</b> Add fruit or veggies to your water 	<b>10</b>  <b>Friendship Friday</b> Call or write a letter to a friend	<b>11</b> Take a picture of something beautiful 
<b>12</b>  Sit down for a meal with family or friends	<b>13 meatless monday</b> Get your proteins from beans or nuts	<b>14</b> Meet up with friends for a walk 	<b>15</b> Go to bed 15 minutes earlier 	<b>16 BENEFIT FAIR</b> Lincoln Community Center 4–7 p.m. 	 <b>17</b> Listen to a song that makes you happy	<b>18 Do something just for you</b> Treat yourself, read a magazine, watch a movie, go for a walk
<b>19</b> Practice yoga or stretch for 15 minutes 	<b>20 SHOW YOUR CALENDAR</b> with at least 10 completed challenge days to your site rep and receive a prize!	<b>21</b>  Meet up with friends for a walk	<b>22</b> Try a new smoothie recipe 	<b>23 unplug</b> Slim your screen time	<b>24 Complaint-free Friday</b> Anytime you feel yourself going negative, choose to focus on the positives	<b>25</b> Get in five servings of fruits and veggies 
<b>26</b> Fun spring activity of choice 	<b>27</b> NO electronics during meal times 	<b>28</b> Try a new recipe 	<b>29</b>  Craft a personal mission statement	<b>30</b>  Eat at least three different colors of fruits and vegetables	<b>31</b>  <b>be kind</b> Do a random act of kindness	For more information, visit <a href="http://bit.ly/2K6VzDN">bit.ly/2K6VzDN</a> .