

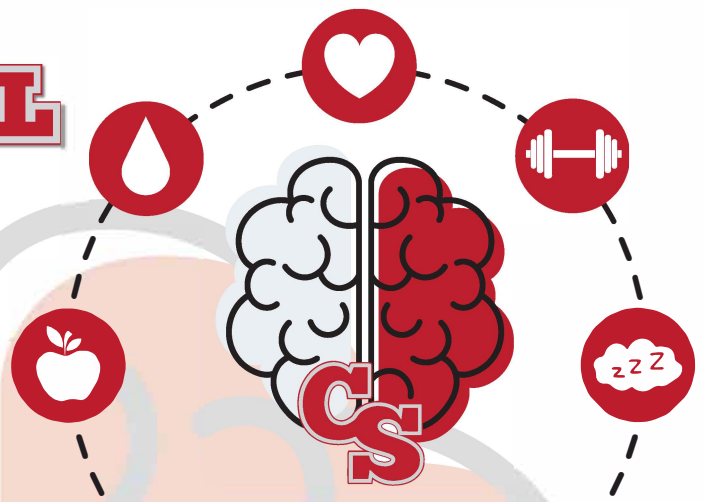


***Start the new year off by reaching
for the best version of you!***

**For all Canton Local School District
Students, Staff and Community**

January 30 - March 24

Sign up by January 27 (January 13 for t-shirt)



2023 WELLNESS CHALLENGE

Wellness categories

This year instead of earning points, participants will simply complete weekly check-ins. The check-in will have boxes to mark for each wellness category.

- **Nutrition:** Consume 1 cup of fruit and 1 cup of vegetables
- **Hydration:** Drink 4-8 glasses of water
- **Exercise:** 30 minutes of moderate activity that increases your heart rate.
- **Stress Management:** 30 minutes of something healthy that helps you manage stress.
For example: Meditation, yoga, spiritual group, read a book, attend church, etc.
- **Sleep:** Aim to get at least 7 hours of sleep per night

How do you win a weekly prize?

- Complete the check-in by 5pm on Tuesday.
- Winners will be randomized and can only win one weekly prize.
- Keep working hard and complete weekly check-ins for a chance at the grand prize.
- One staff, one student and one community member will win a grand total cash prize of \$100 each!

How to participate

- You must register to participate. *Parents will receive an email to approve student participation.*
- Check-ins must be submitted by 5 p.m. on Tuesdays.
- Wellness challenge t-shirts are available for \$7. (Free for students.)
Staff may wear the shirt with jeans during on Wellness Wednesdays in February and March.
- Participation is **FREE!**

Prizes

- 3 winners per week. (One student, one staff and one community member).

Registration/check-in form

- Want to show off your progress on social media? Use the hashtag #cswellnesschallenge and tag @cantonlocalschool. Each week participants will check in at tinyurl.com/cswellnesschallenge2023

Health disclaimer: All information provided during this challenge is for informational purposes only. Always seek the guidance of your doctor before you start an exercise program or change your diet.

Follow us on Social Media @ CSNutritionServ (CS Nutrition and Wellness).