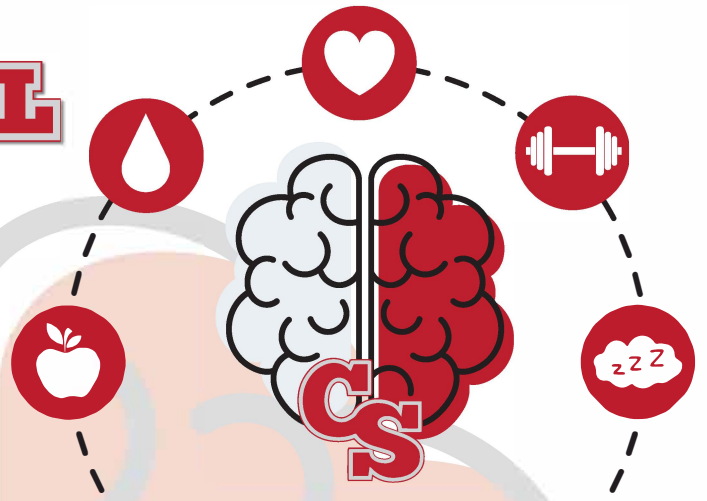




*Start the new year off by reaching
for the best version of you!*

**For all Canton Local School District
Students, Staff and Community
February 12th - March 22nd**



2024 WELLNESS CHALLENGE

Wellness categories

Participants complete weekly check-ins 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?

- Check-in by 5pm on Tuesday.
- Winners will be randomized and can only win one weekly prize of \$25 gift certificate

How to participate

- You must register to participate.
- Google form check-in must be submitted by 5 p.m. on Tuesdays to be entered in the drawing
- Wellness challenge t-shirts are available for \$10. (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/CLSwellness2024

Health disclaimer: All of the 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).