



STRIDES TO A HEALTHIER WORKSITE Wellness Challenge Tool Kit



Provided by:
South Dakota Department of Health
Office of Health Promotion

The “Strides to a Healthier Worksite” Wellness Challenge Tool kit is an effort to promote the benefits of a healthy lifestyle in South Dakota. The Department of Health, Office of Health Promotion has provided this resource to assist in developing a challenge to encourage worksites to lead healthier lifestyles. Wellness challenges have been proven effective to make individuals aware of the small steps that can easily be made to improve overall well-being. Hopefully this tool kit will be an easy way to promote healthy living in worksites and get worksite members moving. Follow this procedure to organize a wellness challenge in your worksite!

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What?

What is a worksite wellness challenge? It is a way to get worksites more physically active, as well as focus on other aspects of wellness, including healthy eating and keeping oneself emotionally balanced. This tool kit focuses on making small steps towards total wellness. Rarely will people make a drastic change; it is more realistic and therefore beneficial for small changes to add up to big ones.



What type of challenge should be used?

There are several different types of wellness challenges. Take into consideration the following types:



- Step challenge—in a step challenge pedometers are used to count steps taken each day. Each team and/or individual works to increase the number of steps.
- Point challenge—some use a point system where a certain amount of points are assigned to various activities, recorded and ultimately tallied. This is a great way to encompass all aspects of wellness.
- Minute challenge—another popular way of providing a challenge is by counting the minutes spent performing a physical activity.
- Mile challenge—this challenge is similar to the minute challenge, only miles are logged versus minutes.



Or think of challenges that motivate employees to make small changes with healthy eating. One example is:



- 5 A Day challenge – this challenge incorporates fruits and vegetables. Each team and/or individual will get points for fruits and vegetables eaten daily or weekly. You can set the point system to accommodate your workplace the best. At the end of the challenge, the team or individual having the most averaged points wins top prize! See supplemental materials section on hosting a 5 A Day challenge.

There are pros and cons to each type of challenge. These different types of challenges will be illustrated in more detail in a future section, so a more educated decision can be made.

Who?

Anyone can be involved in a wellness challenge. This includes individuals, families, seniors, youth and co-workers. The nice thing about a wellness challenge is that it can be done in a worksite setting. As long as the members of the worksite are willing to get going, they can all join!



There are several different ways to form a challenge and decide who will be involved. Challenges can be both team based and individually based. It all depends on how the challenge is set up that will determine the ‘who’ of it.

The ‘who’ of your challenge is really quite simple. It’s the employees! Or it could be targeted at the employee’s families too. Once you have decided who to focus your challenge on, market the challenge and go from there! Samples of marketing ideas are provided in the supplemental materials section. The important piece is getting them all motivated to participate.

The next step in organizing your challenge is to decide if it would be best to challenge as a team or as individuals; some work best on their own, while others prefer a team base for support. Typically a team effort tends to be more effective simply because the team members can support one another and it provides friendly competition.

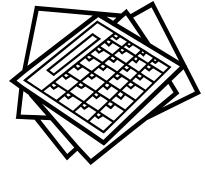


When?

A challenge can be implemented at anytime of the year for any length of time.

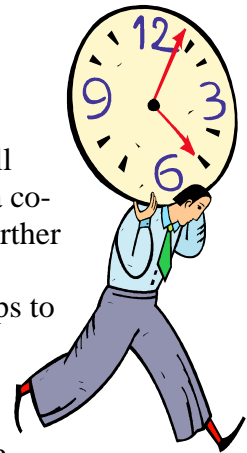


However, it is usually best to work with worksite members to find a good time when the majority of people could participate. Typically a good time would be in the beginning of January. This way participants can hit the ground running with New Year's resolutions and keep them going with one another's support. Also, spring time tends to be a good time, as the weather warms up people are excited to go outside and enjoy it. It is much easier to get people outside and be active when they are already out there. The spring weather and attitude adds to their motivation.



Worksites often see more positive results when the challenge is set for a specific period of time. Many could lose interest in the challenge if it is offered for too long; however they also need some time to get it going and to develop the activity into a habit. A suggested amount of time is between 3 – 6 weeks. Be sure to make the start and end dates clear.

The primary complaint of those trying to get active is that of time constraints. However, many do not realize that a big block of time is not needed to get active. At least 30 minutes of activity is suggested per day. These 30 minutes can be broken up into three sets of 10 minutes or six, five minute walks. One does not need to do all 30, or more, minutes at one time. There are many small things that can be done throughout the day to stay active, such as walking to a co-worker's desk rather than e-mailing, using the stairs more often, or parking further away. Small steps do count. Challenge your worksite members to find time to enjoy physical activity, even in small increments. For more ideas of small steps to becoming healthier, please refer to the supplemental materials section.



The same goes for barriers to eating healthier. Often times you will hear people say it's hard to eat healthier. Common remarks are "It's too expensive to buy healthy food, or I don't know how to cook healthier." Eating healthier doesn't mean you have to completely change the way you have always done things. It's just a matter of making a few *small* changes that can make a difference. Adding a vegetable or fruit during each meal is a step in the right direction to becoming healthier.

Where?

Participants can stay active and healthy at home, on vacation, at an exercise facility, at work or school—anywhere. As long as the worksite is willing to adjust the conventional thought of physical activity, it is easy to fit activity into a hectic schedule. The goal is to simply get moving.

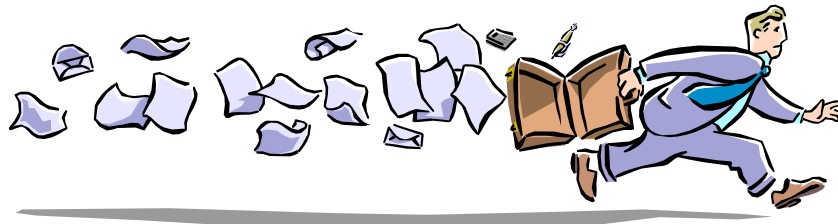


A challenge can be started right in your workplace. Kick off the challenge at a staff meeting or host a wellness day where free screenings are offered, a local dietician speaks on healthy food choices, and participants can take part in an organized mile walk. You could also have healthy snacks on hand for employees to sample. Work with your local groceries and see if they'd be willing to donate fresh fruit/vegetables. Utilize outside resources and if they are unavailable, find somewhere within your worksite where members can get together and be active.

Challenge worksite members to do more while at work or in the home. For example;

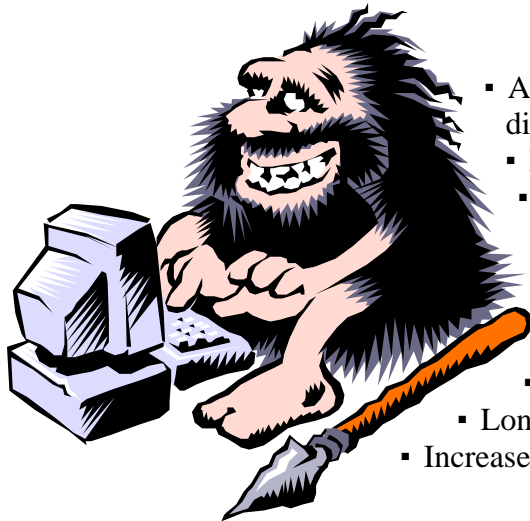
- Take the stairs rather than the elevator
- Walk the mall
- Use a basket at the grocery store
- Garden
- Mow the lawn with a push mower
- Eat healthier snacks such as trail mix, granola bars, bananas, apples, celery sticks or carrots.
- Set policy that only healthy foods are allowed during meetings, conferences, and other worksite functions.

There are several ways in an ordinary day to become more active and chose healthier foods, it just takes a little extra thought.



Why?

The human body was designed to be more active than technology requires today. When cavemen were roaming the earth they had to hunt and gather food rather than go to the grocery store. They also had to walk to get water and carry it back to camp; whereas a walk to the faucet exerts only a fraction of the energy. An average caveman's workday consisted of finding firewood, gathering food and roaming the land. Today, however, the average American sits at a desk in front of a computer and barely finds the need to leave the comfort of a chair for eight or more hours a day. While the increase of technology has improved everyday lives, it is also detrimental to heart health, physical well-being, and longevity. In saying this, it is easy to improve this potentially deadly situation. Get moving! Here is a list of just a few of the endless benefits to healthy eating and physical activity.



- A reduced risk of chronic diseases such as heart disease, diabetes, and high blood pressure and cholesterol
- Increased energy and morale
- Increased self-esteem
- Better weight control
- Decreased dollars spent on medical bills and insurance
- Healthier joints, bones and muscles
- Increased flexibility and fitness level
- Longer life
- Increased quality of life

Not only does a healthier lifestyle increase physical health, but it also improves mental health. Physical activity and healthy eating have been proven to boost energy levels throughout the day and increase the release of endorphins which improves moods and controls mood swings.

In addition to the numerous benefits to one's personal health, there are also benefits to the worksite. By using a tool such as a wellness challenge, worksite members are encouraged to band together to do fun activities. This then forms healthy relationships and improves the morale of the worksite as a whole.



How?

Providing a worksite wellness challenge is not as difficult as it may seem, although it does take time and effort. To simplify this process, follow this step-by-step guide to a healthier worksite.

1. First of all, determine the goals and objectives of the challenge. Then identify any barriers to those goals and find solutions. To do this, use the provided sheet in the supplemental materials section of this tool kit (this sheet can also be used by the participants to set their own personal goals).
2. It may be difficult to get 100% participation so realize not all employees will participate. Offering incentives will help motivate employees to want to partake. Think about the following when planning your challenge:
 - What should the participants accomplish during this challenge?
 - Who in the worksite is in the most need of a wellness change?
 - Would the participants set a good example for future challenges?
 - How many participants are expected?
 - Will the participants provide adequate feedback?
 - Will the participants work together to accomplish the main goals?
3. The next step is to decide which method to use in order to challenge the worksite. There are several types of challenges available. Here are some examples:
 - Try a point system. The Pierre/Fort Pierre communities used this system to challenge its community members by providing a list of activities worth one point and another list worth three points. Each team member used the calendar provided to record daily points. At the end of the challenge participants gave the calendar to their team captain who averaged the points and gave the team average to the challenge captain who then determined the winning team. To see how Pierre/Fort Pierre set up their challenge, please refer to the sample in the supplemental materials section of this tool kit. This sample may be used and/or altered to meet the challenge needs at hand.
 - Another way to challenge the worksite is by a simple step challenge. Using a pedometer to count every step taken throughout the day, participants record their steps on the calendar provided in the supplemental materials and compete to see who can take the most steps. This can be done on an individual basis or in teams. If teams are used, it is best to average the amount of total steps taken. Pedometers can be provided as an incentive.



- Another way to challenge participants is similar to the step challenge, but instead of logging steps participants can log either miles or minutes. Using the same method as the step challenge participants would simply keep track of the number of miles covered in a physical activity or the number of minutes spent in physical activity.
 - To add twists to any challenge, ask the participants to record the number of fruits and vegetable eaten each day. For example, if choosing the step challenge, the participants could add 100 steps for each day they eat 5 servings of fruits and vegetables. This can be used as a bonus round, or for the entirety of the challenge and is a great way to give a boost to the physically challenged.
 - A great tool that will be available October 2005 is an extension to the www.healthysd.gov website. The South Dakota Department of Health is adding a wellness challenge component to the website. Simply go to www.healthysd.gov and click on the Healthy Competition link and sign up a team. All instructions will be given there. The increments used can be chosen as well as the start and end dates and participants can register on-line. This is a straightforward and accessible tool for all South Dakotans to use.
 - There are several other types of challenges. Take these suggestions and add your own healthy ideas to create your own unique challenge.
4. Now that the ‘what’ and ‘who’ is taken care of, it is time to set the dates! Be sure to identify the start and end dates up-front so participants know what they are signing up for. Also, be sure to provide plenty of time for participants to register, so everything is in place at least two weeks before the start date.
 5. A great way to kickoff the challenge is to start with a worksite activity such as a Walk a Mile or Wellness Day where screenings are held and education is provided about nutrition and physical activity. This is also a good time to hand out incentives (if decided on) such as pedometers or T-shirts.



6. Next, decide whether or not to offer incentives. Many challenges use incentives, however, not all budgets allow for them. If money is available, there are many options. Refer to this list for just a few ideas.

- T-shirts
- Pedometers
- Water bottles
- Gift certificates
- Cook books
- Exercise bands
- Magnets
- Frisbees
- Personal certificates (template provided in supplemental materials section)
- Pins
- Stickers



For those with a tighter budget, many local businesses have proven to be willing to donate some incentives. Contact restaurants and other businesses in the area to see if they would be willing to provide either merchandise or even gift certificates. Also, some incentives may be available from the South Dakota Department of Health. Contact Linda Ahrendt at Linda.ahrendt@state.sd.us for more information about what is available.

7. The next step is to decide how to market your challenge. In order to successfully get the word out consider the following questions:

- What is the best way to reach the employees?
- What methods should be used to get the message out to them?
- What kind of messages will they respond to?
- What are some cost-effective ways to get the message out in the worksite?

Having trouble answering? Here are some suggestions:

- Use e-mail, intranet, newsletters, or bulletin boards.
- Post signs throughout the worksite. A poster template is provided in the supplemental materials.
- Ask the company CEO, President or Manager to announce the challenge at the kick-off or another function.
- If money is available, give out free t-shirts or bags.

8. It is now time to get the challenge started and register participants. Make a registration sheet available to those who wish to participate either by sending them out by e-mail, placing them in easy to access locations (such as breakrooms or other staff sitting areas), or in the company's newsletter. Please refer to the supplemental materials section for a sample registration sheet. Along with the registration sheet, sample goal sheets, evaluations, self-evaluations and progress calendars are provided. Use these as needed. All can be found in the supplemental materials section. As noted previously, be sure to give the potential participants ample time to register.

9. Along with the registration it is always a good idea to provide a pre-participation evaluation. Doing this will provide a starting point and a way to measure success once the challenge has been completed. Be sure to provide a drop-off site and due date for the registration forms and pre-participation evaluations to be collected. There is also a sample evaluation provided in the supplemental materials section.

10. Now the participants are registered and ready to go! The dates have been drilled into their heads and they have been looking forward to starting their challenge for a few weeks now. So, get started! Start off the challenge with a bang! Have a walkathon or a healthy luncheon, use some creativity and put together an event that will motivate people to get moving.



11. Also, now that the kick off activity is over and the challenge has been initiated, start thinking about how to bring the challenge to an end. Many like to have a closing activity. If the decision is made to have one start planning and let the participants know about it as soon as possible. If the kick-off activity was a walkathon or something of the sort, it is a good idea to do that same activity so participants can see how much they have improved. Also, it is a good idea to have the event a few days after the challenge has ended so that the points/miles/steps can be tallied and the winners can be announced. This is also a good time to hand out incentives, certificates, etc. Once again be sure to give the participants plenty of time to plan for the closing event.

12. Now that the challenge is successfully underway, this job gets easier. Simply join in the competition, have some fun and keep the participants motivated. In order to keep them going here are some suggestions:

- Keep a “tip of the week” board in an easy to access spot, or through e-mail or intranet. Each week give the participants a new tip on how to stay healthy.
- Send an e-mail notification once a week to remind participants to log their activities and tell them about any upcoming events or success stories.
- E-mail or send handouts providing information and healthy tips. These are provided in the supplemental materials section.
- Add notices and blurbs about the competition in your newsletter.

13. So the challenge is coming to an end! At least one full week before the challenge concludes, remind the participants of the ending date and what needs to be handed in and where. This is a good time to send out the post-challenge evaluations; ask the participants to hand them in with the rest of the materials. Be firm about the due date or it will be difficult to determine the winners in a timely manner.

14. Now, the challenge has been concluded, the point/miles/steps have been tallied and the winners were announced at the closing activity. So what now? Now it is time to evaluate the challenge’s success. Make a list of the suggestions and

comments given in the evaluation in order to know where to improve and what to keep for the next challenge.

15. The last step of the challenge is to report the findings. Let the participants know how much they improved. Do this either by an e-mail, or have the local news station, radio station, or newspaper do a story on the success of the challenge. This is a good way to give another pat on the back for those who participated in this first challenge as well as motivate others to participate next time.

16. Now the challenge is completed and has hopefully been a rewarding experience for all involved. Congratulations on a job well done!



*For organizing a 5 A Day worksite challenge. See supplemental section on 'How' to do it!

Need More Information?

Try the following sites to get more in depth information on today's health issues and wellness challenges:

- www.healthysd.gov is a great website with a wealth of information regarding physical activity, healthy eating and the benefits of both. This site also provides information regarding kids, teens/tweens, adults, seniors, schools and health professionals. This is also where the Health Journal and Healthy Competitions can be accessed.
- www.cdc.gov is another website that provides information for all ages, shapes and sizes. It is aimed toward a bigger population and can answer the frequently asked questions.
- www.smallstep.gov provides ways to take small steps to improve ones overall health and well-being one step at a time.
- Visit http://www.sph.umn.edu/img/assets/9103/Nutrition_Guidelines.pdf to find more information on promoting a healthier meetings, seminars and other workplace events. The guidelines help facilitate the selection of lower fat and calorie food and beverage options.

Supplemental Materials

[Wellness Challenge Name]

Goal setting is essential to every program. Without them you may not know what to work for. In setting your goals, keep these few tips in mind:

1. Make sure your goals are measurable so you can easily track your progress. Make a goal such as “I want to walk 20 miles every week,” or “I want to lose five healthy pounds,” or “I want to work out at least 20 minutes everyday six days a week.”
2. Make sure your goals are attainable. Don’t set yourself up for failure; your goals should be challenging, but not impossible. For example, setting a goal of working out six days a week rather than seven allows you to be flexible and realize that sometimes things just come up.
3. Be realistic about your goals. Wanting to lose 20 pounds in a month is great, but very unlikely and unhealthy. Instead, make the goal more realistic and attainable by using the two for one rule. Most adults can lose up to two pounds per week in a healthy manner.

Setting goals will help you achieve what you want more easily and gives you something to cross off your list at the end. Good luck!

My Goals: What do I want to accomplish with this Challenge:

- 1.
- 2.
- 3.

Barriers are another essential component to a wellness challenge. Without them it wouldn’t be challenging! Identifying your barriers before you start makes it is easier for you to overcome them in the future. The most common barriers include: time constraints, stress, weather, and tiredness. Make a list of your own barriers, then realize how you can avoid them, or even work with them.

My Barriers: What will keep me from my goals?

- 1.
- 2.
- 3.

What can I do to overcome my barriers?

- 1.
- 2.
- 3.

[Team Registration Form:]

[Wellness Challenge Name]

[Challenge Dates]

[Challenge Coordinator Contact Information]

[Please hand registration and evaluation forms into _____ at _____ by _____]

Team Name _____

Team Captain _____

Team Captain's E-mail Address _____

Team Captain's Mailing Address _____

Team Captain's Phone Number: _____

Team Captain's Fax Number: _____

The best way to contact me and my team is by: _____ (E-mail, mail, phone)

Team Members' Names and Contact Information:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

*As the team captain, you hold the responsibility of distributing pre and post evaluation forms, handouts and any other challenge materials.

[Individual Registration Forms:]

[Wellness Challenge Name]

[Challenge Dates]

[Challenge Coordinator Contact Information]

[Please hand registration and evaluation forms into _____ at _____ by
_____]

Name: _____

E-mail address: _____

Mailing address: _____

Phone Number: _____

Fax Number: _____

The best way to contact me is by: _____ (E-mail, mail, phone)

[Wellness Challenge Name]

Use this calendar to log your progress Name: _____

[Month]

Sunday Monday Tuesday Wednesday Thursday Friday Saturday
[Units logged]

Your total units for the month: _____

[Pre-Participation Evaluation Form:]

[Wellness Challenge Name]

[Challenge Dates]

[Challenge Coordinator Contact Information]

[Please hand evaluation forms into _____ at _____ by _____]

	Strongly Agree	Yes, Agree	Unsure	No, Disagree	Strongly Disagree
1. I am aware that any movement-oriented activity, even done in moderation, is beneficial.					
2. I understand why I need to incorporate physical activity into my daily life.					
3. I can confidently name five benefits of physical activity.					
4. On average, I participate in physical activity three or more days a week.					
5. On average, I participate in physical activity five or more days a week.					
6. I incorporate at least 30 minutes of physical activity into my day for most days of the week.					
7. I consider physical activity to be a high priority in my daily life.					
8. I enjoy being physically active.					
9. I understand the importance of healthy eating.					
10. On average, I eat five fruits or vegetables a day.					
11. I drink at least 8 glasses of water a day.					
12. I consciously choose my meals according to my nutritional needs.					
13. I feel healthy.					

[Post-Participation Evaluation Form:]

[Wellness Challenge Name]

[Challenge Dates]

[Challenge Coordinator Contact Information]

[Please hand evaluation forms into _____ at _____ by _____]

	Strongly Agree	Yes, Agree	Unsure	No, Disagree	Strongly Disagree
1. I am aware that any movement-oriented activity, even done in moderation, is beneficial.					
2. I understand why I need to incorporate physical activity into my daily life.					
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4. On average, I participate in physical activity three or more days a week.					
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7. I consider physical activity to be a high priority in my daily life.					
8. I enjoy being physically active.					
9. I understand the importance of healthy eating.					
10. On average I eat five fruits or vegetables a day.					
11. I drink at least 8 glasses of water a day.					
12. I consciously choose my meals according to my nutritional needs.					
13. I feel healthy.					
14. This wellness challenge was beneficial to me.					

What did you enjoy about this challenge?

What did you dislike about this challenge?

Any suggestions for future challenges?

Additional comments?

[Wellness Challenge Name]

[Challenge Dates]

[Challenge Coordinator Contact Information]

Self-Evaluation

Please fill out this self-evaluation and keep it for your own information. Refer back to it at the end of the challenge to see how far you have come.

Formative Evaluation Questions

1. What are the three reasons why you would like to become more physically active?
2. What results would you like to see 12 weeks from today?
3. If there was one thing you could do (that you are not doing right now) that if you did it on a regular basis, you know it would make an impact on your health and wellness, what would it be?
4. If you had one wish relating to improving your health and fitness, what would it be?
5. What results would you like to see in six weeks?
6. On a scale of 1 to 10 (1 being low and 10 being high) how would you rate your commitment to physical fitness?
7. Are there others pressuring you to become more physically active? If so, who?
8. In what ways would being more physically active benefit your family?
9. What personal, health, or social problems have poor physical condition caused for you?
10. List the past three previous attempts you have made to become more physically active. Why have they failed?
11. What sacrifices have you made to fit regular physical activity into your schedule?

Impact Evaluation Questions

1. Who and/or what makes your workout more enjoyable?
2. What physical changes, if any, have you noticed since starting?
3. To date, what is the biggest fitness success you have experienced?
4. Are others happy with the changes you are making?

5. Do you have moral support from family, friends, and co-workers?
6. What is your favorite aspect of exercise (e.g., burning calories, relieving stress, health benefits, etc.)? What can you do to maximize this?
7. What emotion best describes how you feel about yourself when you make a conscious decision not to exercise?

Summative Evaluation Questions

1. Do you remember the three reasons you chose to become more physically active?
2. Are your current reasons for being physically active the same as when you began this program?
3. On a scale of 1 to 10 (1 being low and 10 being high) how would you rate your commitment to physical fitness?
4. Have you raised your expectations of what level of physical fitness you want to achieve?
5. What materials and/or resources (e.g. fitness articles, gym membership, friends, etc.) would best help you reach your goal?
6. Do you see yourself exercising a year from now? Five years from now? Why or why not?

Weekly Handouts

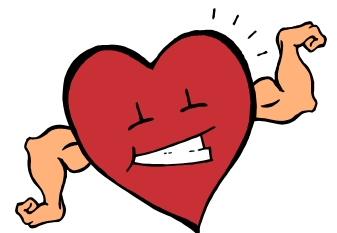
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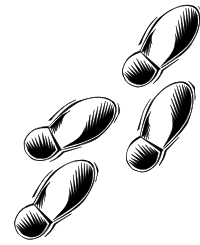
- A reduced risk of chronic diseases such as heart disease, diabetes, and high blood pressure and cholesterol
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- Increased quality of life

Not only does a healthier lifestyle increase physical health, but it also improves mental health. Physical activity and healthy eating have been proven to boost energy levels throughout the day and increase the release of endorphins which improves moods and controls mood swings.



Small Steps

*Take a Small Step Today!
Eat Better, Get Active, Learn More*



- Walk to work.
- Use fat free milk instead of whole milk.
- Do sit-ups in front of the TV.
- Walk during lunch hour.
- Drink water before a meal.
- Eat leaner red meat & poultry.
- Eat half your dessert.
- Walk instead of driving whenever you can.
- Take a family walk after dinner.
- Avoid food portions larger than your fist.
- Mow the lawn with push mower.
- Increase the fiber in your diet.
- Walk kids to school.
- Get a dog and walk it.
- Join an exercise group.
- Drink diet soda.
- Remove skin from poultry before cooking to lower fat content.
- Do yard work.
- Eat off smaller plates.
- Don't eat late at night.
- Skip seconds.
- Work around the house.
- Skip buffets.
- Grill, steam or bake instead of frying.
- Bicycle to the store instead of driving.
- Go for a half-hour walk instead of watching TV.
- Use vegetable oils over solid fats.
- More carrots, less cake.
- Sit up straight at work.
- Wash the car by hand.
- Don't skip meals.
- Choose fruit for dessert.
- Reward and acknowledge your efforts.
- Eat before you get too hungry.
- Pace the sidelines at kids' athletic games.
- Choose an activity that fits into your daily life.
- Park further from the store and walk.
- Ask a friend to exercise with you.
- Make time in your day for physical activity.
- Exercise with a video if the weather is bad.
- Keep to a regular eating schedule.
- If you find it difficult to be active after work, try it before work.
- Take a walk or do desk exercises instead of a cigarette or coffee break.
- Perform gardening or home repair activities.
- Take small trips on foot to get your body moving.
- Play with your kids 30 minutes a day.
- Dance to music.
- Keep a pair of comfortable walking or running shoes in your car and office.
- Make a Saturday morning walk a group habit.
- Walk briskly in the mall.
- Choose activities you enjoy & you'll be more likely to stick with them.
- Stretch before bed to give you more energy when you wake.
- Take the long way to the water cooler.
- Explore new physical activities.
- Vary your activities, for interest and to broaden the range of benefits.
- Share an entrée with a friend.



What is Physical Activity?

You don't have to run marathons to get health rewards from physical activity. Start slow. Assess how active you are now. Are you currently:



- Walking at 30 minutes per mile, doing child care, sitting and kneeling, fishing, keeping house, playing pool, or doing light housework? If so, you are doing *Light Activity*.
- Walking 15-20 minutes per mile, doing general carpentry, doing low impact aerobic dance or water aerobics, raking lawn, mopping, vacuuming, or painting? If so, you are doing *Moderate Activity*.
- Walking with a backpack, doing high impact aerobic dance, playing tennis, downhill skiing at moderate effort, or swimming laps at light to moderate effort? If so you are doing *Moderate/ Hard Activity*.
- Walking 12 minutes per mile, running 8 minutes per mile, biking at least 12 minutes per mile, inline skating, playing basketball, football, handball, or hockey? If so, you are doing *Vigorous Activity*.

Here are some helpful ideas on how to increase your level of physical activity:

Light Activity



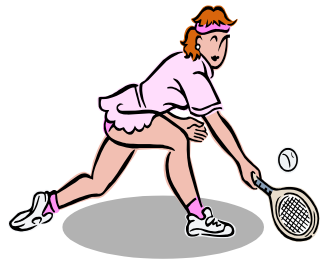
- Start slowly.
- Stretch for 5 minutes a day to decrease the chance of injury.
- Start with 5-10 minutes at a time of moderate physical activity and do it 3 times per day. Increase minutes as you gain strength.
- Reward yourself frequently. Celebrate success.
- Your goal is 30 minutes a day at short intervals for 5 days a week



Moderate Activity

- Begin slowly.
- Develop a support system of people to help you with this new challenge.
- Stretch for 5 minutes a day to decrease the chances of injury.
- Start with 10-15 minutes at a time of moderate physical activity and do it 3 times per day. Increase minutes as you gain strength.
- Reward yourself frequently. Celebrate success.
- Your ultimate goal is 30 minutes a day at short intervals for 5 days per week.

Moderate/Hard Activity



- Develop a support system of people to help you maintain your physical activity level.
- Stretch for 5-10 minutes a day to decrease the chances of injury.
- Start with moderate physical activities with a goal of 30 minutes a day. Increase minutes as you gain strength and choose vigorous activities if they feel comfortable.
- Reward yourself frequently. Celebrate success.
- Incorporate 10 minutes of strength exercises a day.

Vigorous Activity

- Maintain your support system to continue your physical activity level.
- Stretch for 10 minutes a day to decrease the chances of injury.
- Continue your vigorous physical activities with a goal of 30 minutes a day most days of the week.
- Choose other vigorous physical activity options for variety.
- Incorporate 10 minutes of strength exercises a day.
- Celebrate success.



No Time to Eat Healthy?

Tips to keep healthy habits, even when in a hurry:

Breakfast Meal Ideas:

Breakfast #1

Iron fortified cereal
Whole grain wheat toast with jelly
Skim milk
100% juice
Estimated prep time: 5-7 minutes



Breakfast #2

Whole grain wheat toast with a piece of cheese
Fruit
Water
Yogurt
Estimated prep time: 2-3 minutes

Breakfast #3

Graham crackers with peanut butter
Fruit
Skim milk
Estimated prep time: 1-2 minutes



Lunch Meal Ideas:

Lunch #1

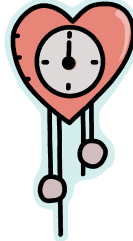
Whole grain wheat crackers
Pre-cut turkey
Pre-cut carrots
100% juice box
Estimated prep time: 7-9 minutes

Lunch #2

Whole grain wheat bread
Pre-cut ham
Pre-cut cheese
Fruit
Water
Estimated prep time: 5-7 minutes

Lunch #3

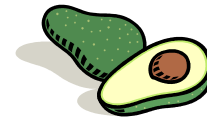
Can of soup
Piece of whole grain wheat toast with cheese
Pre-cut celery
Skim milk
Estimated prep time: 7-10 minutes



Dinner Meal Ideas:

Dinner #1

Pre-browned hamburger
Instant mashed potatoes
Can of cream of mushroom soup (Cook and combine all three)
Canned or frozen green beans
Glass of skim milk
Estimated prep time: 10-15 minutes



Dinner #2

Can of tuna (Mix with light mayonnaise or an avocado)
Whole grain wheat bread
Pre-cut carrots
Fruit
Water
Estimated prep time: 10-12 minutes

Dinner #3

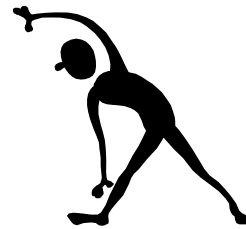
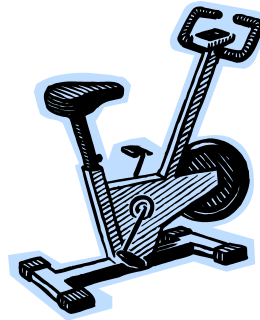
Grilled cheese sandwich (On whole grain wheat bread)
Tomato soup made with milk
Fruit
Water
Estimated prep time: 9-15 minutes



What Can I Do to Be Active?

Many think they have to be a marathon runner in order to be healthy. BUT, this conventional thought is inaccurate. In fact there are many activities that even the most inactive can do! Take a look at this list and highlight which activities you would like to do this week to stay active.

- Ride your bike
- Go for a walk
- Walk the dog
- Play Frisbee
- Dance
- Jump rope
- Go rollerblading or skating
- Go for a swim
- Mow the lawn with a push mower
- Go canoeing or kayaking
- Go for a hike
- Play volleyball, basketball, soccer, whatever sport you enjoy most
- Go skiing (water or snow)
- Shovel snow rather than using a snow blower
- Take walk breaks at work
- Stretch
- Try yoga or Pilates
- Play with your children
- Take the stairs
- Park your car further away whenever possible
- Use a basket at the grocery store rather than a cart
- Do sit-ups in front of the tube
- Run in place while doing the dishes



Tips for Eating Out



You can eat out and eat healthy, too. Many restaurants offer plenty of options low in fat, cholesterol, and sodium. Here are a few tips on how to make the most of your dining-out experience.

Starters & Drinks

- ◆ Order salad dressings and other sauces on the side. This way you have control over how much or how little you add.
- ◆ When choosing a soup, keep in mind that cream-based soups are higher in fat and calories. Soup can be a great appetizer as well as a meal.
- ◆ Share an appetizer (half the food equals half the calories).
- ◆ Plain bread or rolls are relatively low in fat & calories. It's the butter and oil you add that increases the fat & calories.
- ◆ Drink water, diet soda, skim milk, or unsweetened tea or coffee instead of regular soda or alcoholic beverages. This will save a lot of calories.



Main Meal & Side Dishes

- ◆ Order sandwiches with mustard rather than mayonnaise or "special sauce." Mustard adds flavor with almost no calories.
- ◆ When ordering pasta dishes, look for tomato based sauces rather than cream-based sauces. Tomato-based are much lower in fat and calories. The tomato sauce can also count towards a vegetable serving!



- ◆ Look for items on the menu that are *baked, grilled, broiled, poached, or steamed*.
- ◆ Choose foods made with whole grains. Examples include whole-wheat bread and dishes made with brown rice.
- ◆ Choose meals with fruits and vegetables as the key ingredients.
- ◆ If you have a choice of side dishes, opt for baked potato or steamed vegetables rather than French fries. Even if choices are not listed, ask your server to substitute vegetables or a baked potato.



Desserts



- ◆ Share a dessert with a friend.
- ◆ If you are craving dessert, opt for something low-fat, like sorbet, fresh berries, or other fruit.

Tips for Reducing Fat, Cholesterol & Sodium

- ◆ Limit foods that are fried, basted, braised, crispy, pan fried, sautéed, or stuffed. They are high in fat. If you are not sure about a certain dish, ask your server how it's prepared.
- ◆ High-sodium foods include those that are pickled, in cocktail sauce, smoked, in broth or au jus, or in soy or teriyaki sauce.

Other

- ◆ Don't hesitate to take leftovers home. Eat one half of your meal and take the other half home. The half you take home can serve as a second meal!
- ◆ Stop eating when you are comfortable. Listen to the cues your body gives you.

Insert Logo Here

2006 Wellness Challenge

Team Name and Members: _____
 (May attach another document)

Team Contact: _____

Address & Phone: _____

May 2006							Total Wellness Pts.	Total One time only Pts.
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1	2 START DATE	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30	31	June 1 Last day to submit pts.		End Date			Account for 25 pt. bonus here!

Activity Points

Four Point Activities

45 minute minimum
 Running
 Walking
 Cycling
 Aerobics class/video
 Racquetball
 Weight lifting
 Nordic Track
 Stairmaster
 Elliptical
 Swimming

Three Point Activities

20 minutes minimum
 Running
 Walking
 Cycling
 Aerobics class/video
 Racquetball
 Weight lifting
 Stairmaster
 Elliptical
 Tennis
 Volleyball
 Basketball
 Softball/baseball
 Pilates/yoga
 Gardening
 Swimming
 _____ Other 20 min. activity

One Point Activities (*may be added to Wellness points DAILY!)

Chew sugar free gum
 Walk the dog
 Explore a new physical activity
 Choose a weekend activity to do with the family
 Stretch before workout, before bedtime, or in the morning
 Play with children
 Incorporate a minimum of 5 vegetable/fruit into diet
 Brown bag your lunch instead of eating out
 Use nonfat or low fat milk, sour cream, yogurt, mayo
 Drink 6-8 glasses of water
 Eat lean cuts of meat
 Substitute a side salad for fries; ask for the dressing "on the side"
 Have fruit for dessert
 Grill, steam or bake instead of frying food
 Skip additional servings of food
 If a smoker, go Tobacco Free ("Tobacco Quit Line") to stop smoking
 Blood pressure check

Insert Logo Here

SAMPLE ONLY

4-Week Wellness Challenge Guidelines: May 2006

- The South Dakota Department of Health is organizing a wellness competition between state agencies, businesses, schools, and community groups to be held in conjunction with the Capital Community Celebration.
- The intent of the Wellness Challenge is to encourage residents of Pierre and Ft. Pierre to make positive health choices or changes. While health choices will continue, the challenge will begin **May 2nd and end May 27th**.
- Teams must consist of more than 1 individual.
- 25 additional team bonus points will be given to the teams who partner with another entity within the community.

(State agency + local organization OR local organization + local organization teams count for the bonus)

- Individuals must record their wellness points during the four-week challenge in May.
- The combined teams must submit **one team calendar listing names of all entities by June 1** to be eligible for the competition and additional 25 points.
- The teams' points will be averaged by the Department of Health.
- Don't forget to include team members' names, a team contact and an address and phone number.
- Please keep track of both daily and weekly totals.
- Drop boxes are available for teams at the following locations in Pierre and Ft. Pierre:
 - **Pierre Chamber of Commerce – 800 W. Dakota Ave.**
 - **City Hall – 222 E. Dakota Ave.**
 - **Sutley's Town and Ranch Market – 210 North 1st St., Fort Pierre**
 - **Rawlins Library – 1000 Church St.**
 - **Department of Health Building—600 E. Capitol Ave.**

- State employees can inter-office their calendars to the Health Lab c/o Health Promotion.
- If you have questions concerning the wellness challenge, contact the Department of Health at 605.773.3737.
- The winning team will be announced the day of the Capital Community Celebration, June 8, 2005, and receive a traveling trophy and individual team certificates.
- People of all abilities are encouraged to participate in the Wellness Challenge. If you have health limitations, choose activities that best meet your needs and abilities.

Please consult your healthcare provider if you have any health concerns before beginning any physical activity.

YOUR ORGANIZATION'S NAME

Name of Your Event

Sunday, September 21st 7 PM
123 Main St. Anytown, SD

Say more about your event here. You can share information about your organization, the plans you are making for the event, or items attendees should bring. If you do not need to provide more information about your event, delete this text.

Community
Symbol or
name

Event Name



Who:

What:

When:

Where:

Why:

How:

Corresponding information goes in here!

Additional Information:



5 A Day Challenge

Worksite 5 A Day Challenge

Coordinator Instructions and Timeline

Planning Process

1. Plan for activities to promote the program. Consider forming a committee or workgroup to help you. If possible, plan for at least one special activity or event each week. See the form **“Promotional Ideas to make the 5 A Day Challenge Work!”** for ideas. Your enthusiasm and assistance in getting information and messages out to your participants can help them successfully make lifestyle changes.
2. Kick off event at staff meeting or at office potluck featuring fruit and vegetable dishes. Or bring in a dietician or nutritionist from local hospital, clinic, or other to provide education session (i.e. session featuring the wonderful flavors and health benefits of fruits and vegetables).
3. Choose a four-week period to conduct your 5 A Day Challenge and place it on your workplace calendar. Allow about a week in between the kick-off and the four-week Challenge to give participants time to gather teams if you decide to have a team competition. Provide participants with the introduction form called **“Welcome to our 5 A Day Challenge”** and the **“Get Ready for the 5 A Day Challenge”** form that they can use to measure their baseline fruit and vegetable intake and set goals.
4. Publicize the program through posters, signs, and email.
5. Register teams or individual participants.
6. Publicize the date and time of the kick-off session.
7. Hold the kick-off session.

8. Begin the four-week Challenge program. Encourage participants to track their daily intake of fruits and vegetables on the **Personal Scoresheet**.
9. Forward daily or weekly email messages to participants. (see attached sample of email messages)
10. Publicize the date and time of the wrap-up session.
11. Hold the wrap-up session. This session could feature ideas to keep the effort going and ways to make your worksite a healthier place.
12. Tally score sheets from teams or individuals at the end of the challenge. This will allow you to communicate to your co-workers the number of participants who completed the Challenge. You will also use these forms from which to draw a grand prize and provide other incentives.

**Thank you for your leadership
in improving healthy eating habits for your worksite!**

*Information adapted from North Dakota State University Extension Service.



Promotional Ideas to Help Make the 5 A Day Challenge Work!

Way to go! You have taken on the task of planning a 5 A Day challenge for your worksite. Planning activities for participants can help make the program fun and increase participant's chances for success at increasing fruits and vegetable intake and improving health.

Fruit-full Ideas

#1 – Host Fruit and Veggie Staff Potluck

Schedule this during lunch hours. Circulate a 5 A Day food sign-up sheet. Have the top administrator or manager send out invitations to staff as a kickoff to the 5 A Day Challenge.

#2 – Hold Weekly Drawings

Hold a prize drawing each week from the names of all 5 A Day Challenge participants.



#3 – Caught in the Act

Every week place 5 A Day messages or prizes on the desks of staffers who were seen snacking on fruits and vegetables or viewed eating fruits and vegetables at lunch. This recognition could be as simple as a "Post-It" note or special memo. Or if your budget allows, this could be a time to recognize these actions with an incentive such as a magnet, key chain, etc.



#4 – Creative Messaging

Post 5 A Day tips and messages on doors of bathroom stalls. One example, "How many servings have you eaten today?" Or, highlight a special salad or fruit along with recipes.

Is there another way you communicate with employees at the workplace? Use that method to get the messages out whether it be email, bulletin boards, or worksite Intranet.

#5 – Healthy Group Eating

Encourage staff to bring healthy 5 A Day treats for holiday potlucks, birthday treats, or other office functions.

- ✓ Fruit and vegetable trays are welcome anytime.
- ✓ Strawberry shortcake for birthdays.
- ✓ During Fall- host a “Garden Harvest” with staff! Set up bags or boxes in the break room or lobby where staff can grab the produce.
- ✓ During Thanksgiving- Have cornucopias full of fruits and vegetables on hand.
- ✓ Christmas Treats- red and green fruits and vegetables (peppers, strawberries, broccoli, cherry tomatoes, etc.)
- ✓ St Patrick’s Day- all green fruits and vegetables with green spinach dip
- ✓ 4th of July- Red, white, and blue (blueberries, strawberries, bananas, cherries, raspberries)



#6 – Put it in writing

Consider implementing worksite food policies. For more information on worksite policies, see “Guidelines for Offering Healthy Food at Meetings, Seminars, and Catered Events” from the University of Minnesota School of Public Health online at

<http://fscn.che.umn.edu/nutrinet/May%2003/UMN-SPHNutritionGuidelines.pdf>



#7 – Reception Message

Re-think the reception area candy dish. Have apple or orange bowls instead of offering to the public. Make sure your environment matches your wellness program.

#8 – Reinforce the message

Send out daily or weekly emails with a 5 A Day website each week to bookmark.

Examples are available in Supplemental Materials section.



#9 – Your staff’s recipe collection

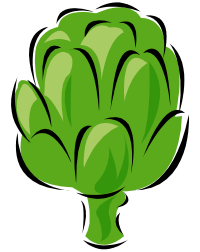
Invite staff to submit a healthy 5 A Day recipe to you. These can be featured in an employee email, employee newsletter, or compiled into a company 5 A Day handout or cookbook.

#10 – Share Ideas

Post an open forum on the staff bulletin board: “Ways to Get my Family to Eat 5 A Day.” Invite staff to write down their ideas on the page under this heading.

#11 – Share the wealth

Encourage a canned fruit and vegetable donation to the local food pantry during the month of your Challenge or during September, which is National 5 A Day month.



*Information adapted from the North Dakota State University Extension Service.



Welcome to our 5 A Day Challenge

Congratulations! You are about to embark on an adventure to liven up your daily meals and snacks and to improve your health.

Even with our busy work schedules, it is possible to eat healthier. This challenge will help you see how easy it can be so that eating 5 A Day can be quick and easy- at breakfast, snack time, lunch, in the cafeteria, or on the go.

The 5 A Day Challenge is a fun approach to help you increase your servings of fruits and vegetables. It will help you discover ways to increase those servings! Good luck and have fun!

WHAT IS A SERVING?

1 serving =



1 medium size fruit

$\frac{3}{4}$ cup (6 oz) of 100 percent fruit or vegetable juice

$\frac{1}{2}$ cup fresh, frozen, or canned fruit or vegetables

1 cup raw leafy vegetables

$\frac{1}{2}$ cup cooked dry beans or peas

$\frac{1}{4}$ cup dried fruit

To stay on track, remember to keep score

The personal score sheet is the only equipment you need to take the challenge.

Keep your tracking form close by and mark the number of fruits and vegetables you eat during the day. Eat a serving: score a point!

At the end of the challenge, you will be asked to turn in your totals to your team captain or contact person.

Look for frequent messages during the challenge via e-mail or internal mail. There will be information such as easy tips, motivational messages, recipes that will be shared with you to help you improve your health.

Stay in contact with team members to see how they are doing. Motivate each other to stay on track. And remember to have FUN!

For more information about fruits and vegetables and 5 A Day, visit the Healthy South Dakota website at www.healthysd.gov. Other good sources of information are the Centers for Disease Control and Prevention 5 A Day Web site at www.5aday.com or the National Cancer Institute's 5 A Day Web site at www.5aday.gov





for the 5 A Day Challenge!

The 5 A Day Challenge is being kicked off to help you increase fruits and vegetables in your day. For most people, measured, steady progress toward a goal is the right way to make long-term lifestyle changes. To make the challenge work for you, the following steps will help you set a personal goal for the number of fruits and vegetables you would like to consume daily.



First: Find Your Baseline

To help you set a realistic goal, consider your baseline (the number of servings of fruits and vegetables you are eating as of today).

Write down the number of fruit and vegetable servings you eat each day for five days. At the end of five days, average the number of fruits and vegetable servings per day. This is your baseline number of servings. Record it here:

My Baseline: _____

Second: Take Stock

Ask yourself a few questions that will help you take stock of your current habits:

- What are my 5 favorite vegetables? Fruits?
- Does the main cook in my life (yourself, your spouse, or partner, etc.) know ways to prepare vegetables or fruits the way I like them?
- Does the main food shopper in my life know how to shop for fresh vegetables and fruits at home? At work?
- Am I more likely to eat vegetables (a) in soup or stew, (b) on noodles, rice, pasta or pizza, (c) as a cooked side dish, (d) raw in a salad or (e) as a snack?
- Am I more likely to eat fruits in a salad, as a snack, or for dessert?
- Do I have access to fruits and/or vegetables at work? If not, what can I do to change that?

Now take a few minutes and try to think of ways to change your habits or to help the main food shopper in the house help you reach your goals. Jot those down here:

Third: Set Your Goal

The health benefits are the greatest when you eat 5-9 servings of fruits and vegetables a day. Every serving you add to your baseline contributes to your health. Using the information about your habits, decide how easy it will be to eat vegetables and fruits more often. Combine this information with your baseline and pick a goal number for the first week. Are you...

- Currently, eating 1 serving a day? Do you think you could eat 2 servings a day next week, and 3 servings the following week?
- Currently, eating 3 servings a day? Do you think you could "strive for five"?

Now, set a realistic goal for Week 1 and record it here and also on your Personal Scoresheet.

My Goal: _____

Consider increasing your goal for each week of the challenge. Keep your goals in mind as you strive for better health by increasing your servings of fruits and vegetables.



Using Incentives to Spark Interest

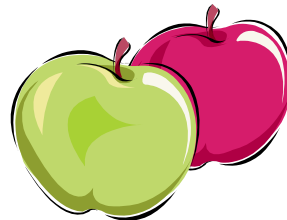
Novelty items are small awards given to program participants to entice and encourage further interest and involvement in the program. They are usually given as “freebies” during events and activities. Novelty items are small, but significant ways to spark and sustain interest. Keeping the prizes consistent with the healthy message of the contest is essential. Be sure to mention the prizes at the outset of the program.

Determine if you are able to provide incentives or novelty items for employee participants. Check with your fiscal agent for the guidelines that apply to your worksite. Set aside funds in your budget for incentive purchases, or consider assessing a participation fee to cover these costs.

Order incentives well ahead of time to be sure that you have them when needed.

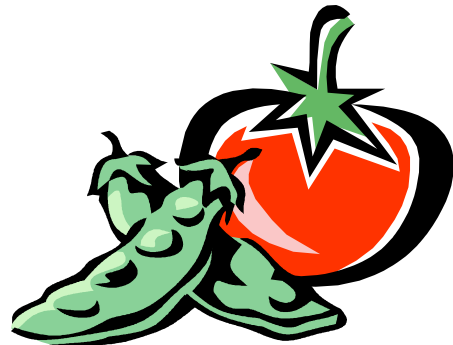
Examples of Incentives

- To get you started, here are some ideas from the very inexpensive to the almost grand.
 - Consider supporting local businesses. Arrange with the local grocer or farmer’s market to provide cents-off coupons for the purchase of produce
 - As a weekly prize, arrange for a certificate toward the purchase of produce from the local grocer or farmer’s market
- From your favorite discount store:
 - vegetable peelers
 - apple corer
 - vegetable brush
 - bag clips
 - vegetable steamer
 - instant-read food thermometer (to emphasize the food safety aspect)
 - food strainer for canned foods or colander for rinsing fresh produce
 - carry-along food containers to bring food to work
 - stickers (especially appropriate for the “kid friendly” portion for workers to take home to families)
 - story books about apples or other foods (especially appropriate for the “kid friendly” portion for workers to take home to families)
 - dried fruit samples



- Health conscious cookbooks or magazines from your favorite bookstore or magazine stand such as:
 - *Cooking Light or Eating Well*
 - Better Homes and Gardens special interest publications such as *Low Calorie Low Fat Recipes*
 - *The American Heart Association Cookbook*
 - The 5 A Day cookbook

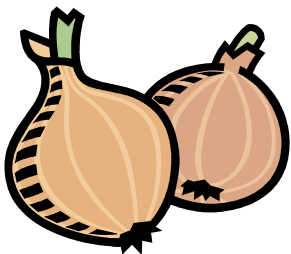
- Promotional materials from the official suppliers of 5 A Day materials. Visit www.5aday.com/catalog to view materials.
 - T-shirts
 - water bottles
 - pens, pencils, erasers
 - key chains
 - stickers, buttons
 - caps
 - aprons
 - lunch bags (either thermal or paper)
 - cups or mugs



When to Provide Incentives

* The beginning of the challenge, as an incentive for signing up for the program at the kickoff session.

* Each week during a planned activity.



* As a prize for a weekly drawing from all participants' names.

* Each week to recognize staffers who were seen snacking on fruits and vegetables or eating fruits and vegetables at lunch.

* The end of the program—hold a drawing for all participants who completed the four-week 5 A Day Challenge.

* As a Grand Prize drawing item at the end of the 5 A Day Challenge.

* Information adapted from the North Dakota State University Extension Service.

Email messages

Dear Worksite Coordinator:

In this section, you will find messages that you may ‘cut and paste’ into e-mails to send to the 5 A Day Challenge participants. The e-mails will provide links to recipes and additional information about fruits and vegetables, physical activity, and a motivational message for the day.

Simply highlight the text wanted (either with your mouse or using keyboard arrows), copy, and paste into an e-mail message. There are 20 messages, one for each day of the workweek during the period that you hold the four-week 5 A Day Challenge. Thank you for your efforts and interest in promoting 5 A Day in your worksite!

* * * *DAY 1* * * *

Daily Messages For a Healthy South Dakota

As part of the 5 A Day challenge, you will receive daily e-mails supporting your efforts toward eating better and being physically active. The messages will encourage taking small steps toward the healthy behaviors of eating fruit and vegetables 5-9 times a day and being physically active for 30-60 minutes at least 5 times a week. These messages were compiled from *FITNET! 1999*, an e-mail project developed by Tim Lane of the Iowa Department of Public Health; *Little by Little*, a USDA fruit and vegetable project at the University of California, Berkeley; *Eat Right Montana* publications, North Dakota State University Extension Service publications; and other sources.

5 A Day Beats the Lunch Box Blues

Looking for a way to liven up your lunch? Be sure to include fruits and vegetables. Here are some quick and easy lunch box or bag stuffers.

- Fresh fruit such as an apple, pear, or banana
- Dried fruit in small boxes or bags. Package your own to save money: measure out a ¼ cup serving and place in a “snack-sized” resealable plastic bag.
- A single 6-ounce serving of fruit juice
- Save some salad from dinner tonight. Pack it in a bowl. Pack the dressing separately, or purchase a bottle of dressing to leave in a refrigerator at work.
- Package some raw vegetables in snack-sized bags. Try celery, carrots, broccoli, cauliflower, pea pods, or your own favorite. Pack an extra bag as a snack. *Little by Little*

Step into Health

Amelia J. Bloomer was born on May 25th in 1818. She wrote about a new design of clothing designed by her friend, Elizabeth Smith Miller. Both saw these “Turkish Pantaloon” as a way to advance women’s rights and literal freedom. Ms. Miller came up with the design while gardening because the current style of dress was not compatible for that activity, or any other for that matter. The process of breaking from tradition or style and adopting a new way of doing things can serve as a nice model for today. As you dress for success today, remember that the ultimate success will be a long active life. *FITNET! 1999*

A recent study showed that on “casual dress” workdays, employees were more active.

Think About It!

It has been said that the first hour of your morning is the rudder of your day. Take time every day to visualize or perhaps even write down what you expect during the day. There are many self-help books that point out that a two-minute talk with yourself about all the positive things that will happen or you will do that day will create self-fulfilling prophecies. In this case talking to yourself is a sign of good mental health. FITNET! 1999

* * * *DAY 2* * * *

5 A Day Snack Attack

Snacking can be a good way to enhance your overall diet, if you have some good foods handy. Try some of these ideas to arm yourself with tasty snacks that can be enjoyed at work.

- Replace the candy dish with a bowl of fresh fruit or dried fruit
- Pack an apple in your backpack
- Toss a box of raisins in your briefcase
- Keep some tomato juice or fruit juice in the worksite refrigerator
- Keep a box of frozen juice bars in the worksite freezer.
- Ask for the vending machines at work to offer choices of fresh fruit or fruit juice

Step into Health

On January 7, 1887, Thomas Stevens completed the first around the world bicycle trip. He began in April, 1884 and traveled 13,500 miles. Although it sounds impressive, it breaks down to around 13 miles a day. Putting in 13 miles in a day is an achievable step. Mr. Stevens excelled in setting a lofty goal and sticking to it. An old saying notes that the largest room in the world is the room to improve. But we must not be overwhelmed with the size of any task. FITNET! 1999

Think About It!

“It is never too late, in fiction or in life, to revise.” Nancy Thayer

* * * *DAY 3* * * *

5 A Day Fruit and Vegetable of the Month

On January 11, 1770, the first shipment of rhubarb was sent to the United States from London. Benjamin Franklin sent the plant to his buddy, John Bartram in Philadelphia. Ben really knew a good (or bitter) thing when he saw it or in this case tasted it. Through the ages rhubarb had been used for medicinal purposes, dye, insecticide, cleaning agent, and the comedy routines of John Cleese. The chemicals in rhubarb leaves have even been used to render harmless dangerous CFCs (chlorofluorocarbons). There are no ends to the benefits of this and other vegetables. Put some to work for you today. FITNET! 1999

Did you know that jicama is a tuber grown in Mexico and Central America? And that it's a great addition to a vegetable platter? For more interesting tips and recipes, try the CDC *Fruits and Vegetables of the Month* page at <http://www.cdc.gov/nccdphp/dnpa/5aday/month/index.htm>.

Step into Health

How about a new day resolution? Make a simple resolution every morning to eat one more fruit or veggie, walk one more flight of stairs, or just to have a great day. It does not cost you anything and may prove to be a valuable asset.

Think About It!

“I do the very best I know how, the very best I can.” Abraham Lincoln

* * * **DAY 4** * * * *

5 A Day – Log It In

There are folks who encourage themselves by tracking their fruit and veggie consumption or physical activity. Try logging your habits for even two weeks and see if it can motivate your behavior. To keep a focus on what is going well, write down 5 things that go right every day.

Step into Health

If you have not gone through your calendar or planner by now and written in your times to be active, now would be a great time to do it. Being active is one of the most important steps to good health, which should be one of our top priorities. Treat it like other important projects and write it in. FITNET! 1999

Think About It!

"Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." Henry Ford

* * * **DAY 5** * * * *

5 A Day – It’s About Produce

Would you like to try a new fruit or vegetable that’s in season, but don’t know what to do with it? Or do you just want a new recipe for zucchini? Check out this free website: www.5aday.com
Here you can search for information and recipes on fruits and vegetables. You can also sign up to receive weekly recipe e-mails in addition to fruit and vegetables nutrition information.

Step into Health

Do you know of someone that is taking good care of someone else, but neglecting his or her own health? Does that describe you? Good health is like charity: it should begin at home. Take good care of yourself and have a great day, week, and month. FITNET! 1999

Think About It!

”People are just about as happy as they make up their minds to be.” Abraham Lincoln

* * * **DAY 6** * * * *

5 A Day - Energizing Tips For A Healthier Family

A great first step to a healthier family is to include 5 to 9 servings of fruit and vegetables each day. A healthier family is also on the move, so include at least 30 minutes of moderate activity everyday, such as walking. These simple changes are easier than you think and help improve your entire family’s health. For some ideas check out this web page provided by the CDC: <http://www.cdc.gov/nccdphp/dnpa/5ADay/tips/energizing.htm>

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Step into Health

Small steps— It is important for us all to remember that a little bit of effort every day adds up very quickly. Maybe you should include that thought in your daily programming. Don't forget self-talk. How about developing a short script that you recite to yourself every day in the shower or on the way to work? That script can cover how your attitude will be that day and what you will get done. Tap into the potential of positive affirmations and your vision of where you wish to go! FITNET! 1999

Think About It!

“We ought to be able to learn some things secondhand. There is not enough time for us to make all the mistakes ourselves.” Harriet Hall

* * * **DAY 7** * * * *

5 A Day – To the Market

Summer and fall are the perfect times to focus on how luscious fresh fruit and vegetables can taste. Farmer's markets and produce stands are starting to pop up all over. Go ahead, be adventurous, and try some hot peppers, elephant garlic or just a different looking carrot! Have a great week! Keep your family safe by washing fruits and vegetables before use. For more details on the proper way to wash produce, see

<http://www.cdc.gov/nccdphp/dnpa/5ADay/tips/washing.htm>

Step into Health

As we age our bodies will be subject to various blows. Think of physical activity as immunization for pain and injury. Various studies have indicated that frailty in our elder years is not inevitable. Disease, injuries, and immobility can be prevented or delayed significantly with physical activity. A good example of the positive benefits of physical activity would be Edward Payson Weston, arguably one of the most famous walkers to ever live. Never heard of him? Well then tune in tomorrow to find out about this active American. FITNET! 1999

Think About It!

“Physical fitness is in. I recently had a physical fit myself.” Steve Allen

* * * **DAY 8** * * * *

5 A Day – Have your fruit and eat it, too!

Fruits are a great way to enjoy dessert, sweet and satisfying. Think of a type of fruit you can easily enjoy tonight after dinner. Write it down, stop by the store after work and buy some. One fruit I enjoy as dessert is

Step into Health

When he was 21 years old, Edward Payson walked from Boston to Washington D.C. in 10 days. It was 1861 and the purpose of the trip was to win a bet and see the inauguration of Abraham Lincoln. In 1867 he walked 1,326 miles from Portland Maine to Chicago Illinois in 26 days. In those days there were European hiking contests and dare I say it, Mr. Weston walked off with the trophy, purse, and title as the “world's best long distance walker”. People paid to watch him walk. At 68 he repeated his walk from Portland to Chicago, cutting 29 hours off his time. At 69 he walked from New York to San Francisco and back again in 181 days. He became known in America as the “Old Pedestrian” and was still walking and speaking on the benefits of walking well into his 80's. Admirers around the country formed Weston Walking Clubs. As I said yesterday he became America's most famous walker. You don't have to be famous or walk across the country to benefit from physical activity, but knowing what is possible may help doing what is practical. FITNET! 1999

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Think About It!

The important thing is not so much that every child should be taught, as that every child should be given the wish to learn. John Lubbock (Lord Avebury), *The Pleasures of Life*, 1887

DAY 9

5 A Day – A Story

“In 1901, the famous story "Peter Rabbit" by Beatrix Potter was printed for the first time. If you are reading a story to children this evening, this may be a good choice. As you know it is the story of a young rabbit that gets carried away in his quest to have 5 servings of fruit and or vegetables. It does point out we need to balance our diet and be aware of other risk factors. FITNET! 1999

Check out this website for a listing of other great children’s books that have a food theme:

<http://athome.clemson.edu/KIK/fruitsvegs.html>

Step into Health

A study at the San Diego Veterans Affairs Medical Center found out that reduced amounts of sleep resulted in less white blood cell activity. The white blood cells are the killer cells that root out and destroy viral infections that bring us colds and other undesirable conditions as a main stay of our immune system. It was a study that proves what we already know, a good nights sleep is good for you. FITNET! 1999

Think About It!

“And life is what we make it. Always has been, always will be.” Grandma Moses

DAY 10

5 A Day - What’s in that Salad Mix?

Don’t know your arugula from chicory? Check out this visual guide to identifying salad greens.

<http://www.ebfarm.com/Products/GreensID.aspx>

Step into Health

Have you heard about the “brachistochrone problem” regarding the curve connecting two points made by a body acted upon by gravity over time? In 1696 the Swiss mathematician Bernoulli challenged his colleagues to solve the problem in one and a half years. The problem was delivered to Isaac Newton in the afternoon on January 29, 1697. By the next morning Newton had invented a new branch of mathematics later to be named the calculus of variations. He used this to solve the problem and sent it off the next day.

Have you noticed how most of Newton’s studies relate to physical activity? For example his observation that objects that are in motion tend to stay in motion and objects at rest tend to stay at rest is a crucial one for us all to remember. So is there some motion in the plans for this weekend? FITNET! 1999

Think About It!

“Millions saw the apple fall, but Newton was the one who asked why.” Bernard Baruch

*****DAY 11*****

5 A Day - Going for the Green

Green fruits and vegetables contain many health-promoting compounds. They help protect against certain cancers and help maintain vision health and strong bones and teeth. Check this link for some "green" ideas for St. Patrick's Day (or any day)! <http://lancaster.unl.edu/food/ciqgreen.htm>

Step into Health

Speaking of going up (and down), why not take the stairs one more time today than your normal routine. A great health plan includes small obtainable "steps"!

Think About It!

"Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity." Gilda Radner

*****DAY 12*****

5 A Day - What's for Supper?

Whether you call it "dinner" or "supper", one national survey found that at 4 p.m. each day, the majority of Americans do not yet know what they'll eat for that evening's meal. For some great recipes featuring vegetables in soups, salads and main dish foods, check out the "Prairie Fare" feature on the NDSU Extension website <http://www.ext.nodak.edu/extnews/pyramid.htm>. Click on the "vegetable" section of the Food Guide Pyramid to find a long list of vegetable recipes.

Step into Health

On February 4, 1926 John Giola of New York City won a Charleston endurance dance contest. He danced, non-stop, for 22 hours and 30 minutes. When he finally collapsed, his legs wouldn't stop flapping! John thus goes down in the books as one who actually was too active, doing three weeks worth of vigorous activity in one day. If you find yourself dancing for over 22 hours today, cut back to less than 2 hours. FITNET! 1999

Think About It!

"...the only advantage of not being too good a housekeeper is that your guests are so pleased to feel how very much better they are." June 6, 1939 Eleanor Roosevelt

*****DAY 13*****

5 A Day – On TV?

Do you like those TV food shows, but don't have time to watch (because you are at work)? Check out <http://www.foodtv.com>. Many of your favorite TV cooking personalities are featured at this site. Search the recipe index for vegetables and get a list of over 8400 recipes. Search for fruits and find over 2400 more.

Step into Health

Remember how lousy it feels when you have the cold or flu? There are steps you can take to help prevent that condition and now is the time to take them. To reduce the possibility of spreading germs wash your hands longer and more often. Do not share drinking glasses, and avoid close contact with those with the flu or a cold. *FITNET!* 1999

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Think About It!

“Let’s forget our own unhappiness--by trying to create a little happiness for others. When you are good to others, you are best to yourself.” Dale Carnegie

*****DAY 14*****

5 A Day – Brown Bagging It

When you “brown bag it”, you can have greater control of the fat content, ensure that some of your daily fruit and vegetables are included and allow for fast fuel that allows for a walk or time on the stairs. It’s fast, convenient, and economical. Isn’t it great how many healthy habits are also money savers? Both sleeping and watching TV burn about 35 calories per hour, while a brisk walk burns 200. Why not carry that brown bag somewhere real interesting for lunch? *FITNET! 1999*

Step into Health

In an experiment conducted at a Pennsylvania medical school some years ago, volunteers were divided into an “active” problem solving group and a “sedentary” one. The problems required both logic and creativity. Those that were on stationary bicycles scored significantly higher than those in comfortable chairs. *FITNET! 1999*

As with eating well at work, there are some benefits to increasing your physical activity at work. Even brief bursts of activity, like a 10-minute walk, can improve your concentration, creativity, and performance (especially on detailed tasks). Next time you need to discuss something with a co-worker, try a walking meeting. It can be more productive – and healthier too – than a sit-down meeting!

Think About It!

“Tact is the ability to describe others as they see themselves.” Abraham Lincoln

*****DAY 15*****

5 A Day – Trying New Foods

It sometimes takes 10 to 15 tries before a child will like a new item. Forcing a child to eat something he truly does not like will only create bad memories. However it’s important to keep offering new fruits and vegetables. Despite repeated refusals, a child may suddenly decide to try a new food.

Modeling healthful eating habits is a great way to make sure your kids or grandkids develop good eating habits. So, watch what you say and do. The next time a tossed salad is passed to you, take a large helping and say, “I love salad!” Soon the kids will be eagerly eating it and saying they love it too. For more ideas on getting kids to eat fruits and vegetables, check out www.dole5aday.com

Step into Health

Do you ever get your lipoproteins mixed up? That is of course the substance that moves your cholesterol through the bloodstream. There are high-density lipoproteins and low-density lipoproteins. Think of the H in high as also meaning helpful and the L in low as meaning lethal! Do you know what levels your HDL and LDL are at? If they are high and you have children, it may be time to find out what their numbers are as well.

Think About It!

“None of us can do anything great on our own, but, we can all do a small thing with great love.” Mother Teresa

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*****DAY 16*****

5 A Day – Weight Control

Ten jellybeans and 2 ¾ cups of fresh strawberries each have 100 calories. Which will fill you up? Foods with high water content such as fruits and vegetables help you feel full on fewer calories. Eating more foods that are naturally rich in water such as fruits, vegetable, low-fat milk and cooked grains can help you control calories. A bowl of soup or a leafy green salad every day will help keep the hunger pangs at bay. *The Volumetrics Weight-Control Plan* by Barbara Rolls, Ph.D.

Step into Health

A morning walk can get your day off on the right foot. If your schedule is busy use the time to reflect on your schedule, that time can turn into an investment in your day not a withdrawal. FITNET! 1999

Think About It!

“All of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses that are blooming outside our window today.” Dale Carnegie

*****DAY 17*****

5 A Day - Snacking

You and your family will eat more fruits and vegetables — if you can see them. Put raw vegetables out on the counter for your family to munch on as you prepare the evening meal. Keep cut and cleaned vegetables up front in the refrigerator for the “grazers’ in you family. Put out a bowl of fresh fruit for evening snacks.

Step into Health

Every time you take one flight of stairs, you are lifting over one ton. It is a great little activity break. Don’t think of them as stairs, but rather very expensive exercise equipment. There are so many ways you can take small steps to a healthy heart and a healthy you. Good habits can be contagious and you can be a carrier. FITNET! 1999

Think About It!

“Do not worry; eat three square meals a day; say your prayers; be courteous to your creditors; keep your digestion good; exercise; go slow and easy. Maybe there are other things your special case requires to make you happy; but, my friend, these I reckon will give you a good lift.” Abraham Lincoln

*****DAY 18*****

5 A Day – Bright Ideas

Tired of the same old carrots, cauliflower, and zucchini? Pickle them -- they make great appetizers for your next lasagna or spaghetti supper. Try lightly steamed asparagus spears for dipping in a low fat dressing. Make ribbons of zucchini with a vegetable peeler or vegetable slicer (mandolin). Add a bean dip by combining a favorite low-fat salad dressing with a can of beans and whiz them in a blender. Add hot peppers or Tabasco sauce to taste and dip away.

Ending the meal with a fruit “sauce” (actually just canned fruit) as the dessert is a great habit to start with your family this winter. Fruits canned at their peak in water or fruit juice are great when fresh is not in season.

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One apple, one banana – not enough for everyone, so what to do? Take a can of mandarin oranges or other canned fruit, drain and then add slices of the fresh fruit. Throw in a few dried cranberries or golden raisins. A few nuts add valuable fiber, essential oils and great crunch.

Step into Health

Mount Everest is 29,028 ft. above sea level. If you started at about 10,00 feet and climbed an average of six inches with every step, you would have to take 38,056 steps to climb the equivalent of Mount Everest. If you did it with a friend you both could be social climbers! FITNET! 1999

Think About It!

“Let's fill our minds with thoughts of peace, courage, health, and hope, for our life is what our thoughts make it.”
Dale Carnegie

*****DAY 19*****

5 A Day – Take the Time

Let's talk about time. People often say they don't have enough of it, which of course is not the point. We all have the same amount, 1440 minutes every day. The issue is what do we choose to do with it. Your health depends on it...so out of those 1440 minutes schedule 30 for physical activity, and of course eating fruit and vegetables takes no more time than other foods. FITNET! 1999

Step into Health

One of the famous lines from the movie “Field of Dreams” is “build it and they will come”. Whether it be on a field, a South Dakota trail or your back yard strive to get at least 30 minutes of physical activity in as often as possible. Check out trails in South Dakota at: <http://www.sdgifp.info/parks/Recreation/TrailAtlas.htm>

Think About It!

"Believe that you will succeed, and you will." Dale Carnegie

*****DAY 20*****

5 A Day – Look to the Web

This is the last of the 5 A Day Wellness e-mails, so here are some resources for future ideas for fruit and vegetable recipes.

Cooking Light and *Eating Well* are two great sources of healthy fruit and vegetable recipe ideas. At www.cookinglight.com you can receive two issues of *Cooking Light* before you decide if you would like to subscribe. Although there are some free recipes on this website, to access all the areas you either need to subscribe or buy the magazine at the newsstand to get the access code. *Cooking Light* has both physical activity features and recipes, along with lots of advertising, so it is quite a thick publication.

Eating Well, highlights fresh fruits, vegetables and whole grains and has very limited advertising, so it takes up very little space on your recipe shelf. At www.eatingwell.com, you can access recipes from back issues and try a free issue before deciding if you want to subscribe for the year. You can also sign up for a monthly E-newsletter.

Step into Health

Recent research indicates that light physical activity increases our power to memorize. In a study published in the *Journal of the American Geriatrics Society*, nursing home residents were able to recall 20 percent more

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items after 15 minutes of physical activity. Walking is free, healthy, and may boost your ability to recall by 20 percent. What a deal! “Remember to walk and walk to remember!” FITNET! 1999

Think About It!

Coach Vince Lombardi is the source of one of the most misquoted sayings of all time. For the record his statement was “Winning is not everything, but making the effort to win is.” We can win in so many ways, but often it does call for effort, perseverance, and working through a loss or setback. Whatever you want to win, keep up that effort! FITNET! 1999

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Take the 5 A Day Challenge!

Did you Know?



Eating 5 to 9 fruit and vegetable servings every day...

-Provides energy!

-Makes you healthier!

-May reduce your risk of disease!

-Tastes great!

Join the 5 A Day Challenge!

Benefits include:

- Improved Health
- Recipes
- Tips on shopping for fruits & vegetables
- Tips for storing fruits & vegetables



Contact: _____

Phone: _____

By: _____



EAT VARIETY FOR EVEN BETTER NUTRITION!

Try to eat at least one serving from every category, every week

-**Fruit** 🍎 Fresh, cooked or canned (1 medium piece, or 1/2 cup cut-up)

-**Vegetables** 🥕 Raw or cooked, fresh, canned or frozen (1/2 cup)

-**Leafy vegetables** 🥬 raw lettuce, spinach, etc. (1 cup)

-**Juice** 🍷 100% fruit or veg. (3/4 cup)

-**Dry beans or peas** 🌱 cooked kidney beans, white beans, chick peas, lentils, split peas, etc. (1/2 cup)

-**Dried fruit** 🍇 raisins, prunes, dried apricots, etc. (1/4 cup)

PERSONAL SCORESHEET

Name: _____

Phone: _____ Date: _____

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Week Totals
1								
2								
3								
4								
5								
6								
7								
8								

Total Points

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This project was completed with support provided by Cooperative Agreement (U58/CCU822823) with the Centers for Disease Control and Prevention, Atlanta GA.