



# 50 Ways to Be Your Healthiest Best!

## Grab your friends and family and join us in a community-wide health challenge

For the past 50 years, EvergreenHealth’s purpose has been driven by our goal to help you and your family live your healthiest best. To us, being your healthiest best means living well and striving for fulfillment in all aspects of life.

In celebration of EvergreenHealth’s 50<sup>th</sup> anniversary, we invite our community to join us in challenging ourselves to live a healthy lifestyle by being active, trying new things and making meaningful connections.

Grab your friends and family (after all, studies show pursuing healthy behaviors together creates accountability and more success!) and spend this milestone year prioritizing your wellness within all aspects of everyday life – nutrition, exercise, emotions, social connections, intellectual and preventive care.

*\*Note\*: This challenge is simply a guide to living your healthiest best. Please feel free to modify any of these challenges to fit your needs and values.*

Scan this QR code to print this checklist or simply tear out these pages.



### Nutrition

1. Add a green vegetable to each meal for several days in a row.
2. Research three fruits and vegetables that are currently in season and incorporate them into your meals this week.
3. Learn a new way to prepare your favorite vegetable – blanching, roasting, steaming or boiling.
4. If you don’t already, put pen to paper (or fingers to keyboard!) and plan your family’s dinners for the week. Find inspiration here: [www.bit.ly/3olbKz8](http://www.bit.ly/3olbKz8).
5. Incorporate more healthy fats into your diet for a day – try avocados, coconut milk, nuts, chia seeds, and even dark chocolate).
6. Switch up your pasta for a month – transition from refined-carbohydrate pasta to brown rice pasta (like Jovial brand), which won’t spike your blood sugar as much.
7. Commit to “meatless Mondays” for a month.
8. Add one fermented food (sauerkraut, kombucha, miso, yogurt) to your meals three times this week.
9. Commit to a day of eating zero processed food and focus on whole foods. Usually, that means choosing foods without labels, or labels that only include one ingredient.
10. Think of your favorite meal and instead of cooking from a traditional recipe, look for a healthier alternative. You’ll be surprised by how a few healthy swaps can make you feel better and don’t force you to sacrifice on flavor.



### Exercise & Movement

1. Commit to going for an after-dinner walk each day this week.
2. Try a new way to move your body once this week – swimming, biking, dancing, Pickleball, Pilates or strength training.
3. For a week straight, as soon as the sun is up, head outside for 10-minute walk sans sunglasses. This helps regulate circadian rhythms so your body can wake up and sleep better.
4. Strength training is important for everyone – no matter your gender or age. Learn the proper form for your favorite strength training exercise. Don’t know where to start? Try squats, push-ups or deadlifts.
5. Stretching is often overlooked but crucial to your health. Commit to stretching while watching TV for at least five days in a row.
6. Make one of your errands this week an active errand – that means leave your car at home and walk or bike to complete your task.
7. Leave a set of dumbbells (or something heavy!) in your kitchen and while your morning coffee or tea is brewing, lift the dumbbells for a week straight.
8. There’s no need to spend hours working out – commit to exercising in 10- to 15-minute increments, with the goal of hitting 30 minutes every day for a week.
9. Hit 10,000 steps per day for 5 days in a week.
10. Use your lunch break to move your body – take a walk, stretch between meetings or do a quick yoga flow.



### Emotional Well-being

1. Tap into mindfulness and download a meditation app (many are free!) and meditate for at least five minutes every weekday for a week.
2. Light your favorite candle to add some Zen to your space.
3. Try 4-7-8 breathing during a workday – inhale for four seconds, hold for seven and exhale for eight seconds.
4. Institute a “no phone zone” in your bedroom. Sleep without your phone in your room for a week straight – notice the quality of your sleep!
5. Try a guided relaxation. Pick one from this list: [www.bit.ly/3GrbXqC](http://www.bit.ly/3GrbXqC).
6. Notice negative self-talk. Catch yourself when you say something negative about yourself, stop the thought and say something positive about yourself instead.
7. When you find yourself in a bad mood, change up your routine. Call a friend, take a walk, make your favorite breakfast, treat yourself to a coffee – changing your routine can change your mindset.
8. Try mantra meditation – repeat a specific, short phrase while breathing for five minutes.
9. Spend some time thinking about what consistent stressors you have in your life and ways you can combat them or lessen their impact on your well-being.
10. Have fun – treat yourself to your favorite movie, activity or pastime today.



### Social Connection

1. Call someone you haven’t talked to recently and catch up.
2. Cook dinner with your entire family – every person gets their own “job” in the kitchen and spends more time together.
3. Commit to one date night with your partner or spouse without phones. The first person to reach for their phone pays for the activity or meal.
4. Focus on connecting in real life. Put a screentime limit on your most used phone application. Once, you hit your limit, stop for the day.
5. Switch up your weeknight routine and plan time to meet friends for dinner or another activity after work.
6. Ask a friend to join you for a walk so you can catch up while moving your bodies.
7. Eat dinner as a family at the table without any technological distractions five times in a week.
8. Plan and hold a casual outdoor picnic or BBQ with family and friends when the weather is nice.
9. Be inquisitive. Ask your elderly loved ones three questions about their history and record their responses.
10. Perform an act of kindness towards a stranger today – buy their coffee, compliment them, hold the door or try any other kind act.



### Preventive Care and Intellectual Wellness

1. Research and find a new, engaging and informative podcast to listen to.
2. Have you seen your primary care physician this year? If not, call and schedule your annual check-up before year’s end.
3. Do you know your family’s health history? Spend time learning more about what diseases run in your family and what steps you can take to prevent them.
4. Solve a puzzle – try a Sudoku, crossword or word game to train your brain to think in a different way.
5. Instead of watching TV after work, commit to reading a book or listening to a podcast for a week.
6. Take a class or learn something new. EvergreenHealth offers a variety of free and low-cost classes, which you can find here: [www.evergreenhealth.com/classes-events](http://www.evergreenhealth.com/classes-events).
7. If you don’t already, improve your oral health by flossing, brushing and maybe even tongue scraping every day.
8. Try journaling two times in one week – you can write about a specific prompt or simply jot down your thoughts.
9. Read a new book that doesn’t fall within your typical reading genre.
10. Stop multitasking for a day – focus on each activity individually and give it your full attention.

Tag us on social media with **#EvergreenHealth50** to show us your progress and for a chance to be featured.

