



Community Hospital
of the Monterey Peninsula
Montage Health



JULY 31, 2023 – SEPTEMBER 10, 2023

This individual challenge requires you to complete twelve healthy habits over the course of six (6) weeks to help you develop habits that will stay with you for the rest of your life.

HEALTHY HABITS



SIGN-UP



PARTICIPATE



EARN CREDIT

A SIX-WEEKS HEALTHY HABITS CHALLENGE



SIGN-UP

REGISTER FOR THE CHALLENGE

1. Log into the Wellness Portal www.chompworksitewellness.com
2. Click **MENU>Challenges**
3. Find the **Healthy Habits** challenge and click **Sign Up**



WHY JOIN THE CHALLENGE?

Let's put you first. This 6-week challenge is all about prioritizing healthy habits to help you feel confident from the inside out!

Choose a colleague to complete the challenge with you and be your accountability partner!



PARTICIPATE

REQUIREMENTS TO EARN CREDIT

- The habits can be completed in **any order**
- You can complete **one habit per day**
- Click each icon to view the habit details
- Once you complete the habit in its entirety, click **Complete**
- Once all **twelve (12)** habits are complete, you will receive credit for completing the challenge

Tip: Attend one of the virtual coaching sessions to learn more about creating healthy habits – Zoom links will be provided.

- **July 27th at 12pm** with Certified Health Coach, **Cali Stiles**
- **August 15th at 12pm** with Certified Personal Trainer and health specialist, **Klare Nichols**
- **September 8th at 12pm** with **Cali Stiles**



HEALTHY YOU

A 6 WEEK HEALTHY HABITS CHALLENGE

July 31st – September 10th



SIGN-UP



PARTICIPATE



EARN CREDIT

Week 1 | JULY 31 - AUGUST 6*

Habit #1 Walk 6,000 Steps

Push yourself to walk 6,000 steps every day this week. Try going on a walk during lunchtime or after work, or schedule a walking meeting.

Habit #2 Increase Water Intake

Good hydration can improve your mood, sleep, and overall health and wellness. Find out if your water intake is adequate by using this simple tool.



Week 2 | AUGUST 7 - AUGUST 13

Habit #1 Park Farther Away

Try parking farther away than you usually do this week. This will encourage you to get more steps in to increase cardiovascular health.

Habit #2 Pack a Healthy Lunch

Try including one fruit or vegetable with every lunch this week. A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check.



Week 3 | AUGUST 14 - AUGUST 20

Habit #1 Schedule Your Preventative Screenings

People who see their doctor regularly and have routine screenings are more likely to receive an early diagnosis if they develop a medical condition, and this contributes to better outcomes and a longer lifespan.

Habit #2 Increase Cardio

Cardio can mean walking, running, swimming, biking, or any aerobic activity that increases your heartrate. Cardio doesn't only make your lungs and heart stronger; it can also help: Manage your appetite, boost your mood and help you sleep better.



Week 4 | AUGUST 21 - AUGUST 27

Habit #1 Snack Healthy

Add some more nutritious snacks to your routine this week. Finding tasty, healthier snacks can help you feel less cranky or have fewer mood swings by keeping your blood sugar levels stable throughout the day.

Habit #2 Try Strength Training

Try adding 2-3 days of strength training this week. This could be body-weight exercise or with weights. Strength training may enhance your quality of life and improve your ability to do everyday activities. Strength training can also protect your joints from injury. This can help you maintain independence as you age.



Week 5 | AUGUST 28 - SEPTEMBER 3

Habit #1 Meditate to De-Stress

This week, spend 5-10 minutes at least once practicing meditation. There are apps you can follow or YouTube videos that offer guided meditations. Meditation can produce a deep state of relaxation and a tranquil mind. This process may result in enhanced physical and emotional well-being.

Habit #2 Eat a Balanced Plate

Balance your plate this week, including nutrient filled foods. A balance plate includes protein, fats and carbs. A well-balanced diet provides all of the energy you need to keep active throughout the day and nutrients you need for growth and repair, helping you to stay strong and healthy.



Week 6 | SEPTEMBER 4 - SEPTEMBER 10

Habit #1 Make a To-Do List

Make a to-do list today of all the things you learned during this challenge that you plan on continuing. Making a list helps you get more done by focusing on high-value activities. Once you have a list of things you need to-do, it's much easier to prioritize the tasks on it. This will ensure you're always working on the right things.

Habit #2 Set a SMART Goal

Once you've created a list of things you'd like to continue with, setting SMART objectives help keep the project moving forward, helps with accountability and timing, and lets you know that you are accomplishing what you set out to accomplish.



*Suggested Order