

# February 2017 Challenge Options

- Reduce your sodium intake at least 3 days a week, for at least 2 meals, the entire month of February 2017. (No additional salt added to food items; use salt substitutes, use low-sodium food products)



- Television commercial exercise time! Every time you are watching television and a commercial is on, exercise until the commercial is over for the entire month of February 2017. (Jumping jacks, push-ups, lunges, squats, etc.). Optional modification: Complete the exercise every other commercial.



Please let me know if you have any questions or concerns regarding the challenges, the goal is for all to be successful!!!