

May 2015 Monthly Challenge Options

- Get your blood pressure checked at WCDHD once the first week of May 2015 and then again once the last week of May 2015.



- Try exercising outdoors: Walking, jogging, biking, rollerblading, gardening, etc... Complete this exercise at least 3 times weekly for 30 minutes for the month of May 2015.



If you have any questions or concerns regarding the challenges, please feel free to schedule a time to talk with me. I want to help you meet these challenges!