

# January 2017 Challenge Options

- Complete the [WCDHD Health Screening Form](#) and assessment pieces included during one of the two offered weigh-ins/measurements/blood pressure checks on either January 13<sup>th</sup> or 27<sup>th</sup>.



- Let's get moving in 2017! Make a New Year's Resolution that includes at least three, thirty minute physical activity routines on a weekly basis, for the entire year of 2017. Optional modification: Complete 15 minutes of physical activity. Tips to stay successful: Log activities in a journal, utilize wellness money, and exercise with friends to keep accountable, never give up!



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