

2018 Quarter 2 (October/November/December) Challenge Options:

Option 1: Walk for 30 minutes, at least 3 times a week, using a buddy-system, walking group, or other friends/companions during the 2018 Quarter 2. *Modification:* Walk for 15 minutes at least 3 times a week. (*Resource: Surgeon General's Call to Action to Promote Walking; The Community Guide: Physical Activity: Social Support Interventions in the Community Setting*)



Option 2: Keep the health in holidays! Volunteer to bring a healthy dish to the party or ensure to serve a healthy dish if providing the meal. Invite your friends and family to walk with you for at least 15 minutes after the food has settled 😊



Did You Know? 30% of adult Nebraskan's are obese and 22% of Nebraskan's are physically inactive (WCDHD Community Health Status Assessment & 2017 Community Health Rankings). In 2016, 13.8% of adolescents had obesity (Centers for Disease Control and Prevention CDC).

Did You Know? Americans consume more than 3,000 calories during an average holiday meal, leading to over 4,500 calories during these days, which is more than double the recommended daily caloric intake for an average person (Oklahoma Medical Research Foundation).

