Quarter 2 2019 (April/May/June) Challenge Options:

**Option 1:** Complete 30 minutes of physical activity, at least 3 times a week, using family-based interventions (family goal-setting, reinforce positive health behaviors, organize physical activity). **Modification:** Complete 15 minutes at least 3 times a week. (Resource: Evidence-Based Resource – Physical Activity: Family-Based Interventions from Healthy People 2020).

![Image of people exercising]

**Option 2:** Rethink Your Drink! According to the Centers for Disease Control and Prevention (CDC), substituting no- or low-calorie drinks for sugar-sweetened beverages cuts about 650 calories daily. At least 4 times a week throughout the entire day, choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages. Include a co-worker or friend for support or accountability. **Modification:** Complete at least 2 times a week throughout the entire day. (Resources: CDC – “Rethink Your Drink” and Evidence Based Resource – Obesity: Worksite Programs from the Community Health Guide).

**Did You Know?** In 2015, 63.9% of Nebraska 3rd grade children experienced dental cavities and 32% were untreated which is higher than the U.S. average of 23%. Tooth loss among adults 45-64 years of age was 45.1% in 2016. (Resource: 2018 NE State Oral Health Surveillance System).