

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).*



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).*

Better Beverage Choices Made Easy

Now that you know how much difference a drink can make, here are some ways to make smart beverage choices:

- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8-oz. cans and bottles of soda, which contain about 100 calories.
- Be a role model for your friends and family by choosing healthy, low-calorie beverages.

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).*

