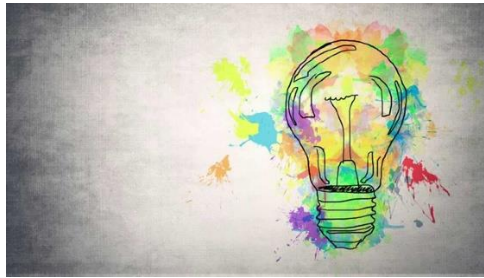


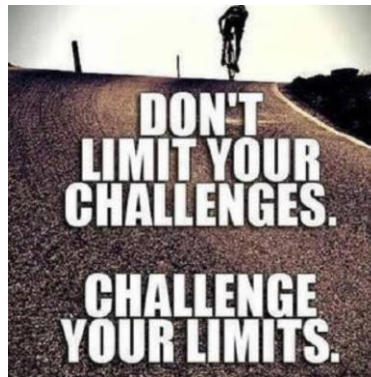
## **2018 Quarter 4 (April/May/June) Challenge Options:**

**Option 1 and 2:** Let your creative side shine 😊 Create a personal challenge/challenges to stay motivated throughout the months of April, May, and June 2018. Strive to build upon challenge options from previous months or add modifications. Below are a few examples:

- I **can** add an extra 15 minutes to my walking challenge!
- I **can** eliminate soda from my diet or consume only one day a week!
- I **can** park my vehicle further away in a parking lot to increase steps!
- I **can** use my bicycle as a source of transportation!
- I **will** attend an additional exercise class each week from the previous month!



### **Motivational Quote:**



**Did You Know?** According to the National Cancer Institute, there is substantial evidence that higher levels of physical activity are linked to lower risks of several cancers.

**Did You Know?** According to the Centers for Disease Control and Prevention (CDC), regular physical activity that is performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States. \*30% of Nebraskan's have high blood pressure \*22% of adult Nebraskan's are obese \*22% of Nebraskan's are physically inactive. Sources: WCDHD Community Health Assessment & 2017 Community Health Rankings