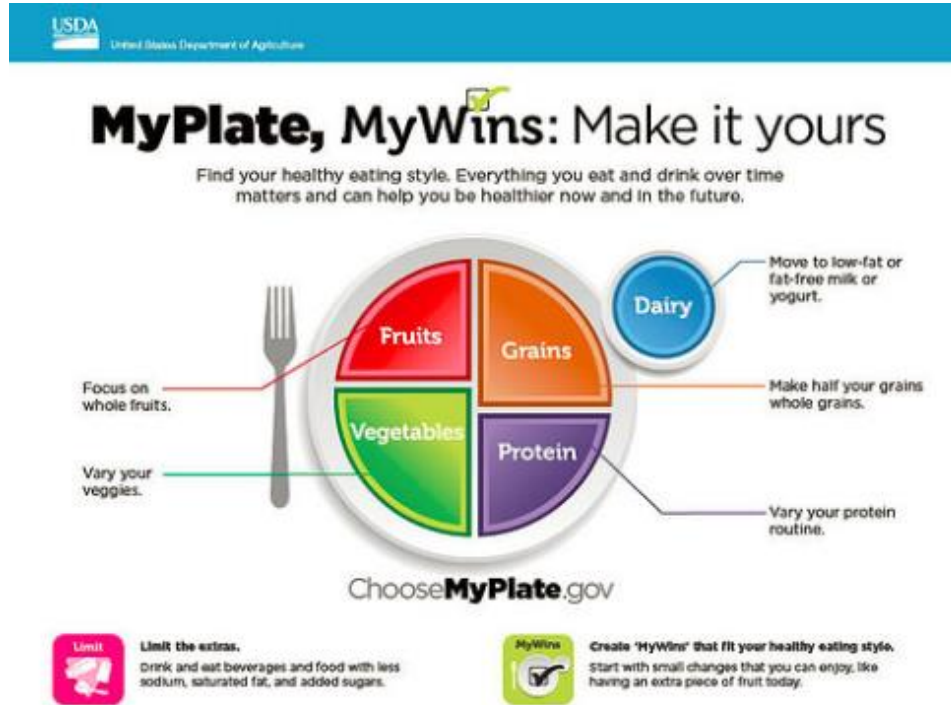


2018 Quarter 1 (July/August/September) Challenge Options:

Option 1: Create your plate at least twice a day, 4 days weekly, to follow recommended guidelines from MyPlate.gov



Option 2: Take time to enjoy the beautiful weather and get exercise. During your lunchbreak, walk for 30 minutes at least 4 times a week. *Modification:* Walk for 15 minutes at least 4 times a week. (Resource: The Community Guide: *Physical Activity: Creating or Improving Places for Physical Activity*).



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? 38.6% of adolescents reported consuming vegetables less than one time daily. 23.3% of adults reported consuming vegetables less than one time daily. (CDC)