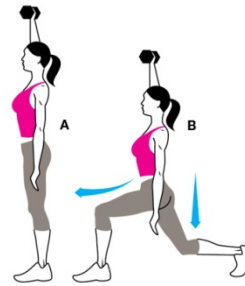


April 2016 Monthly Challenge Options for WCDHD

- Complete 20 squats and/or lunges every time you are in the restroom while working at WCDHD.



- Follow the "Healthy Snack Ideas" for at least 3 days a week, for the entire month of April 2016.

Healthy Snack Ideas

- apples with peanut butter
- strawberries with cool whip
- peaches + cottage cheese
- sugar or fat free pudding
- greek yogurt + fruits & granola
- cantaloupe with cottage cheese
- bananas and peanut butter on whole wheat bread
- applesauce
- dried fruits
- fruit salad
- string cheese
- veggies + hummus
- sunflower seeds
- fruit smoothies
- frozen grapes
- pretzel sticks
- animal crackers
- frozen yogurt
- pistachios
- wheat thins
- popcorn
- veggies
- raisins
- almonds
- fruits

Please let me know if you have any questions or concerns regarding the challenges, the goal is for all to be successful!!!