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

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