



2011-2012 EHA CHALLENGES



Healthy Dinner Club - October 2011

- Enjoy a healthy dinner with correct portion sizes each evening.
- Eat any variety of whole grains, fruits, vegetables, lean meat, or low-fat dairy products.

 8,936


 3,286

 103,903



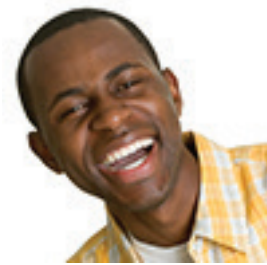
Flab On Fire - December 2011

- Exercise at least 30 minutes each day.
- Find new opportunities to add physical activity into your daily routine.

 8,553


 3,506

 101,448



Laughter The Best Medicine - February 2012

- Create an environment where you and another individual can share a good laugh.
- Record positive experiences for your own future reference.

 7,161


 4,602

 134,899



Ironman Triathlon Fitness Challenge 2012

- Exercise—at least 30 minutes, 5 days per week
- Sleep—at least 7-9 hours, 5 nights per week
- Nutrition—eat at least 2 servings of fruit and 3 servings of vegetables, 5 days per week

 7,659


 5,259

 464,909



Skin You're In - June 2012

- Protect and care for your skin.
- Drink at least 40 ounces of water (5 cups) each day.

 9,351


 4,969

 152,865



Train Your Brain - August 2012

- Train your brain for at least 20 minutes each day.
- Cognitive fitness activities may range from pleasure reading to acquiring new skills and knowledge.


 7,410


 5,088

 156,398

TOTALS

 49,070

 26,710

 1,114,422

2012-2013 EHA CHALLENGES



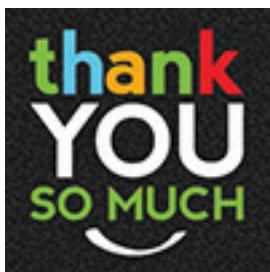
Healthy Breakfast Club - October 2012

- Enjoy a healthy breakfast each morning at the same time.
- Eat any variety of whole grains, fruits, vegetables, lean meat, or low-fat dairy products.

12,710

8,230

251,320



Attitude Of Gratitude - December 2012

- Record and think about one aspect of life you are grateful for each day.
- Express gratitude to others verbally or in writing.

12,090

6,439

204,528



Healthy Directions - February 2013

- Read *Dietary Guidelines For Americans*
- Exercise at least 30 minutes, five days per week
- Eat at least two servings of fruit and three servings of vegetables, five days per week

12,303

4,846

137,048



Mission To Mars Fitness Challenge 2013

- Exercise—at least 30 minutes, 5 days per week
- Sleep—at least 7-9 hours, 5 nights per week
- Nutrition—eat at least 2 servings of fruit and 3 servings of vegetables, 5 days per week

12,953

7,147

643,453



Smart Money - June 2013

- Record daily expenses for one month.
- Build or maintain an adequate six-month emergency fund.
- Review financial information based on where you are in life.

9,019

3,212

93,516



Color Your Plate - August 2013

- Eat at least 2 servings of fruits each day.
- Eat at least 3 servings of vegetables each day.

11,107

5,741

165,076

TOTALS

70,182

35,615


1,494,941

2013-2014 EHA CHALLENGES



Super Salads - October 2013

- Enjoy at least one cup of a healthy salad each day at any meal.
- When eating out, include a salad with your meal.

 16,051


 8,354


 232,285



Power Of Music - December 2013

- Listen to and enjoy music for at least 30 minutes each day.
- Make new and different varieties of music a part of your life.

 15,968


 9,766


 285,895



Self-Care Essentials - February 2014

- Take a positive self-care action each day. Exercising and eating right always count.
- Read Self-Care Essentials - only 130 pages.

 14,133


 6,226


 168,852



Mount Everest Fitness Challenge 2014

- Exercise—at least 30 minutes, 5 days per week
- Sleep—at least 7-9 hours, 5 nights per week
- Nutrition—eat at least 2 servings of fruit and 3 servings of vegetables, 5 days per week

 14,426


 6,505


 545,369



Safety First - June 2014

- Buckle up and ensure all passengers are properly secured each vehicle trip.
- Maintain or adopt important safety behaviors at home, work, and play.

 13,099


 5,503

 161,981



Eat Right For Life - August 2014

- Eat two servings of fruit and three servings of vegetables each day.
- Drink 40 ounces of water each day. Make water your beverage of choice.
- Read Dr. Kulze's *Eat Right For Life* book - only 117 pages.

 12,835

 5,579

 162,969

TOTALS

 86,512

 41,933

 1,557,351

2014-2015 EHA CHALLENGES



Soup Of The Day - October 2014

- Add a healthy soup to any meal each day.
- When eating out ask for broth-based soups with vegetables.

17,690

5,548

172,300



Unplug & Rewire - December 2014

- Replace at least 30 minutes of unproductive screen time with at least 30 minutes of exercise.
- Rewire and reconnect to good habits.

13,410

4,471

137,098



Stop Stress Now - February 2015

- Complete one stress management activity of your choice each day.
- Access MyStressTools online and maximize the resources available.
- Read *Stop Stress This Minute* - 135 pages.

15,736

5,025

137,116



Iditarod Fitness Challenge 2015

- Exercise—at least 30 minutes, 5 days per week
- Sleep—at least 7-9 hours, 5 nights per week
- Nutrition—eat at least 2 servings of fruit and 3 servings of vegetables, 5 days per week

15,789

6,800

594,847



Volunteer For Health - June 2015

- Volunteer at your local school, community center, church, hospital, or charity for at least 10 hours during this month.
- Share your volunteering experiences with others.

11,293

2,134

46,265



Weigh Less For Life - August 2015

- Implement one of Dr. Ann's eating tips each day.
- Read Dr. Ann's Weigh Less For Life book.

14,677

3,714

109,766

TOTALS

88,595

27,692


1,197,392

2015-2016 EHA CHALLENGES



Snack Attack - October 2015

- Enjoy a smart snack midmorning and midafternoon.
- Reduce or eliminate the consumption of snack foods that are rich in sugars and refined carbohydrates.

 17,305


 6,865

 206,298



Perfect Beverage - December 2015

- Drink at least five cups (40 ounces) of water each day.
- Reduce or eliminate the consumption of all sugary drinks.

 19,862

 8,916

 275,063



Supremely Happy - February 2016

- Engage in meaningful happiness each day.
- Adopt or repeat a happy habit of your choice each day.

 18,368


 9,074

 253,851



Tour de France Fitness Challenge 2016

- Exercise—at least 30 minutes, 5 days per week
- Sleep—at least 7-9 hours, 5 nights per week
- Nutrition—eat at least 2 servings of fruit and 3 servings of vegetables, 5 days per week
- Drink at least five cups (40 ounces) of water, five days per week

 17,388


 8,187

 733,703



Brighten Your Smile - June 2016

- Brush correctly for two minutes twice each day.
- Floss properly once each day.
- Visit your dentist during the next six months.

 18,284

 7,169

 210,526



Real Food - August 2016


- Eat two servings of fresh fruit and three servings of fresh vegetables each day.
- Limit consumption of foods from a box, can, bag, bottle, or package that contain more


 21,574


 8,993

 259,127

TOTALS

 112,781

 49,204

 1,938,568

2016-2017 EHA CHALLENGES



Less Is More - October 2016

- Fill half your lunch or dinner plate with fruits and vegetables.
- Use your 8 oz / 1 cup mini serve bowls for preparing food, serving small portions, and limiting snack size.

19,869

9,829

279,582



Defy Gravity - December 2016

- Take a standing break at least once an hour during your workday.
- Obtain at least 30 minutes of activity daily.

18,477

9,939

281,585



Stretch To Health - February 2017

- Perform a comfortable stretching or strengthening exercise each day.
- Exercise at least 30 minutes each day - stretching and strengthening time counts.

21,538

8,746

235,711



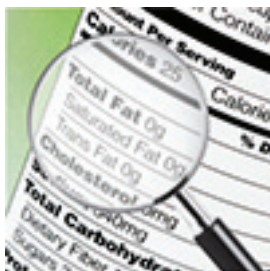
Boston Marathon Fitness Challenge 2017

- Exercise—at least 30 minutes, 5 days per week
- Sleep—at least 7-9 hours, 5 nights per week
- Nutrition—eat at least 2 servings of fruit and 3 servings of vegetables, 5 days per week
- Drink at least five cups (40 ounces) of water, five days per week

18,145

8,799

794,222



Read The Label - June 2017

- Reduce or eliminate carbohydrates from added sugars.
- Read *Nutrition Facts Labels* on packaged items you eat.

17,726

6,570

189,268



A Good Night's Sleep - August 2017

- Read A Good Night's Sleep - 127 pages
- Sleep 7 - 9 hours each night.
- Time begins when you get into bed and ends when you get out.

17,735



















TOTALS

113,490

43,883

1,780,368

EHA CHALLENGES

16-17	 113,490	 43,883	 1,780,368
15-16	 112,781	 49,204	 1,938,568
14-15	 88,595	 27,692	 1,197,392
13-14	 86,512	 41,933	 1,557,351
12-13	 70,182	 35,615	 1,494,941
11-12	 49,070	 26,710	 1,114,422

TOTALS	 520,630	 225,037	 9,083,042
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