

FAMILY FIRST CHAMPIONS CHALLENGE

<p>DRINK WATER DAILY</p> <p>Goal: half your body weight in fluid ounces of purified water.</p>	<p>GET STRONGER!</p> <p>Goal: 2-3 times during the 2021 Olympic Ceremonies add some resistance work to your strength efforts.</p>	<p>CHIROPRACTIC CARE</p> <p>Goal: Schedule all of your August and September appointments. <i>**Extra Credit: schedule a healthy habit along with your adjustment each week.</i></p>
<p>STRETCH IT OUT!</p> <p>2-3 times a day, for 4-6 minutes <i>After you wake up, before morning exercise, before or after your movement of the day!</i></p>		<p>GREENS</p> <p>Goal: Eat one dark green (<i>broccoli or spinach</i>) vegetable daily and add one light green (<i>celery or cucumber</i>) vegetable daily.</p>
<p>MOVEMENT</p> <p>1-2 activities per day: <i>dance party, evening walks, mowing the lawn, playing with kiddos.</i> If you count steps, add 2000 more per day.</p>		<p>FRUITS</p> <p>Goal: Eat fruits of 3 different colors daily! <i>Examples: Red Apples, Green Grapes, Yellow Banana, Orange Mango, Purple Plum</i></p>
<p>BREAKFAST</p> <p>Goal: Homemade breakfast three times during 2021 Olympic Ceremonies.</p>	<p>SUGAR</p> <p>Goal: Eliminate or healthy exchange daily.</p>	<p>REST/ RECHARGE</p> <p>Goal: Add mindful rest each day and prepare yourself for better quality of sleep.</p>

We will be showcasing medal winners on a wall in the lobby. As you complete a medal level, please let us know. We will display your bronze, silver, or gold medals on the wall recognizing your achievements throughout the Challenge.

Go for the Gold! *complete 8-10 boxes*

Silver medal: *complete 5-7 boxes*

Bronze medal: *complete 2-4 boxes*

Olympic Challenge for July 23-August 8



1. Hydrate- drink $\frac{1}{2}$ body weight in ounces of purified, good quality water each day for properly hydrating organs, glands, and detoxifying your body. Add fruit to your water to infuse it with more nutrients and natural flavor. Dehydration is the #1 cause of fatigue.
2. Stretches- daily and before/after exercise to prevent soreness and aid in recovery to muscles.
3. Movement- choose 1-2 ways to move each day. Family walks, bike, swim, dance party, exercise classes, your choice! Have fun together while exercising your muscles. *Great way to model healthy behaviors to kids!*
4. Breakfast- Olympians make a habit of eating a healthy breakfast including proteins ,fruits, and whole grains. Start your day with more energy and live like a champion! Include carbs for energy burning or healthy fats for sustained energy to support focus/thinking/concentration.
5. Strength training-weights and resistance bands are some ways to strengthen your muscle mass and bones. *Doing arm curls with soup cans work, too!* Goal of 2-3 times per week.
6. Chiropractic adjustments-be a champion by scheduling Aug. and Sept. appointments now. Maintain good health for your children and yourself during a busy time. *Goal that while scheduling adjustments, schedule 1 healthy habit for yourself (for example, a workout, walk, meal prep).*
7. Greens- Consume leafy greens daily to add more antioxidants and protect your body from toxins, especially broccoli and spinach. Most are full of magnesium which relaxes muscles and helps you sleep.
8. Fruits- 3-4 servings per day of antioxidants needed to empower your immune system, control blood sugar, aid in digestion, skin nourishment, heart health, and energy. *Cold pressed juice or within a smoothie count and use organic when you can!*
9. Control intake of refined sugar- many athletic champions steer clear of processed foods and refined sugars. The effects of too much sugar can lead to diabetes, weight gain, and excess toxicity. Practice exchanging sugary treats for healthy ones (*i.e. frozen fruit pops vs popsicles or ice cream*). Goal is to eliminate or choose a healthy substitute daily.
10. Rest/recharge/unplug- set aside 20-30 minutes each day to recharge. Olympians have a goal of 8-10 hours of sleep per night. Prioritize your rest/sleep by setting yourself up for success. No screens an hour before bed and schedule your bedtime (*then stick to it!*).