

**TAKE THE CHALLENGE!**



**IT'S FOR EVERYBODY!**

[nhptv.org/livefitnh](http://nhptv.org/livefitnh)



**MAKE THESE 6 CHALLENGES** part of your day – add a new one each month!

- **GET MOVING!** Take three 10-minute walks or a 30-minute walk daily...play ball, jump rope, dance...just move!
- **EAT A RAINBOW!** Fruits and vegetables come in a rainbow of colors – eat 5 servings a day!
- **BE WHOLE!** Choose whole-grain cereal, bread, rice or pasta for your meals.
- **RUSH TO BRUSH!** Brush and floss your teeth every morning and night for a healthy mouth and body.
- **DRINK AN OCEAN!** Replace sodas with water or lowfat milk. Keep the water flowing!
- **EXPLORE NH!** Walk, pedal, paddle, swim or ski NH's mountains, trails, lakes, rivers and beaches!

# I TOOK THE CHALLENGE!


Complete this card (front and back) or the online form at the **LiveFIT NH** website

[nhptv.org/livefitnh](http://nhptv.org/livefitnh)

and mail in your completed **CHALLENGE CARD** by May 15, September 15 or December 15, to be eligible for great prizes from our three drawings!

## LIVEFIT NH CHALLENGE

New Hampshire Public Television  
268 Mast Road, Durham, NH 03824

Watch the **LiveFIT NH** series on  **NH OUTLOOK**  
[nhptv.org/outlook](http://nhptv.org/outlook)

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_


City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Date started **CHALLENGE**: \_\_\_\_\_ Date completed **CHALLENGE**: \_\_\_\_\_

### How did you hear about **LiveFIT NH**?

- |  |   |  |
|--|---|--|
| <input type="radio"/> NHPTV's <b>NH Outlook</b>                  | <input type="radio"/> Event                       | <input type="radio"/> Newspaper, TV, Radio |
| <input type="radio"/> NHPTV Knowledge Network/<br>Ready To Learn | <input type="radio"/> School/<br>Community Agency | <input type="radio"/> Other _____          |

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 HNH

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