

**TAKE THE
CHALLENGE!**



IT'S FOR EVERYBODY!

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!