



# THE STREAK CHALLENGE

## PHYSICAL WELLNESS



### **Small Plate Streak: Use a smaller plate for all meals at home**

The average adult eats about 92% of whatever is on the plate. You are likely to find that you are just as satisfied eating what fits on the smaller plate. In one study, it is shown that people who sat further from the food at a buffer, used smaller plates and ate significantly less. Evaluations show that they were just as happy with their dining experience.



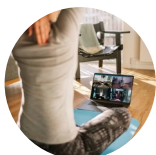
### **Whip it good. Whip it real good. Choose foods which are whipped and provide more volume with less calories.**

Cream cheese, yogurt, ice cream, eggs. You can expand the volume by adding air. That's right, yummy, calorie-free air. For maximum volume, use a blender (think whipped cream vs. heavy cream). Most products that can be whipped are sold whipped because the manufacturer can provide less product in a larger container.



### **Ditch the white bread—really! Ditch it!**

Find bread that has at least 4 grams of fiber/slice. White bread is processed to the point that makers have to add back some nutrients to make it worth eating at all. There are plenty of breads that are healthy. Streaking healthy bread might make you wonder why you ever ate wonder bread?



### **Screen time for fitness. Find a site for exercise routines.**

YouTube, SparkPeople are only 2 sites which have a variety of exercise routines available for you online. You can dial up a different exercise routine every day.

# PHYSICAL WELLNESS

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## **Fruit. That's it, just streak fruit.**

Almost half of Americans eat NO fruit in a day. That's right, no fruit. The numbers get worse the younger the American. Increasing fruit consumption, can lead to weight loss (don't believe the low-carb hype), as well as an increase your intake your intake of fiber vitamins and other nutrients. Stay with fresh fruit when possible. Consider water-packed fruit which is shelf-stable and easy to take places. You can eat a small banana, a medium sized apple, a bunch of grapes, 2 cups of strawberries or 2 cups of watermelon and still be under 1— calories for your snack. Consider fresh fruit



## **Do the minimum at work! Physical activity.**

Recommendations from the most leading health organizations is a minimum of 20 minutes of moderate-intensity exercise, 3 to 5 times per week, OR 150 calories of any intensity physical activity on all days of the week. You can meet this recommendation at work and then exceed them on the weekends. A great streak idea.



## **Happy Dogs. Walk your dog.**

Do we really have to tell you how and why this is a great streak. Remember your streaks should be new behaviors. If you aren't walking your dog, see how happy this makes you.



## **On call for calisthenics. Exercise on daily cues.**

This is fun. Pick a few easy exercises that you can do (google calisthenics). Do them whenever you hear a cue. You can decide on one or more cues. For example: every time you get a notification from your phone, every time you hear your name, every time you get out of your chair, etc. Your friends will think you have lost your mind but you will be streaking and healthier.

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