

SAVE THE DATE

2024

3 PILLARS OF WELLNESS

(formally 28 Day Active Living Challenge)

10-week Challenge

August 12 thru
October 20, 2024

3 PILLARS OF WELLNESS

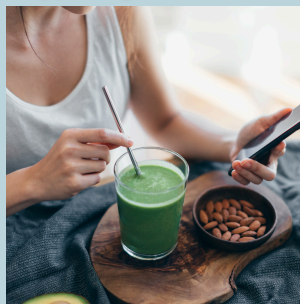
1. Good nutrition
2. regular exercise
3. sufficient sleep

Good nutrition is well-recognized as an essential foundation for optimizing health and wellness. The challenge is to find a satisfying balance between what we like to eat and what foods nourish our bodies best.

While your daily food choices can powerfully affect your health, the combination of nutrition and physical activity is a dynamic duo setting you up for wellness. Your body is meant to move. Lack of movement can be a possible predictor of developing certain chronic diseases.

Getting adequate sleep is actually one of the most important things you can do for your health and is essential for life. Sleep affects everything from energy, appetite, to performance, mood, attention, memory, and decision making.

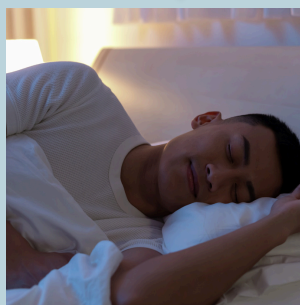
*Good
Nutrition*



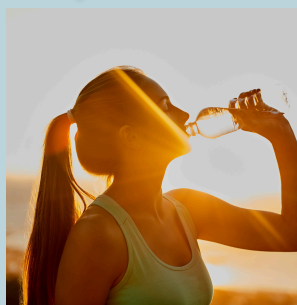
*Regular
Exercise*



*Sufficient
Sleep*



*Stay
Hydrated*



THE FORMULA TO A HEALTHIER, LONGER LIFE ISN'T FOUND IN THE MEDICINE CABINET BUT IN OUR DAILY CHOICES AND HABITS. EMBRACING AND BALANCING THESE 3 PILLARS - SLEEP, DIET, AND EXERCISE - CAN LEAD US TO A HEALTHIER, MORE FULFILLING LIFE.

DURING THE CHALLENGE PARTICIPANTS WILL TRACK NUTRITION, EXERCISE, SLEEP ALONG WITH WATER INTAKE.

Questions

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Call

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Diabetes Prevention Services