

# Choose Your Challenge!

Pick one activity below to participate in during the month of June and earn 100 Vitality Points when you submit the needed criteria to your Vitality account by the submission deadline. Insured-spouses are encouraged to participate too! Only one point-earning submission is allowed per participant each month.

## 28-Day Core Challenge

Have you ever experienced lower back pain after prolonged sitting? It's likely caused by two key factors: tight muscles in your hips and a weak core that isn't properly supporting good posture. One of the immediate fixes you can implement at work is to use a chair that has good back support and be mindful of your posture while sitting. Outside of work, adding core exercises to your fitness routine can help reduce your risk of future lower back pain episodes.

Maintaining a strong core is an important part of a well-rounded fitness routine. Your core muscles—the muscles around your trunk and pelvis—make it easier to complete everyday activities. Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This harmony leads to better balance and stability, whether on the playing field or in daily activities.

The good news is: Core exercises don't require specialized equipment or a gym membership. Any exercise that involves the use of your abdominal and back muscles in coordinated fashion counts as a core exercise. For example: holding a plank or bridge pose for 30-seconds. Although it takes aerobic activity to burn abdominal fat (think incline walking, jogging or spinning), core exercises can strengthen and tone the underlying muscles to give you the support you need to practice good posture and reduce unwanted stress on your lower back.

This month, we encourage you to try the 28-day Core Challenge. Although we hope you participate for the full month, to earn points, you are only required to track your core exercises on your challenge tracker for 20 out of 28 days. We've provided a calendar that you are welcome to follow or you can come up with your own list of exercises. To earn 100 Vitality Points, simply submit your completed challenge tracker to your Vitality account either online or via the Vitality Today mobile app by June 28, 2019 to qualify.

### Submittal guidelines:

**Deadline to submit for Vitality Points:** June 28, 2019

To earn Vitality Points, submit your completed challenge tracker to your Vitality account either [online](#) (Your Account> Forms and Waivers> Amplify Offerings) or using the Vitality Today app (Submit Activity> Amplify Offerings).

## Eat More Veg Challenge

Summer is a great time to take advantage of fresh local produce from farmers markets in your area. With the added heat and humidity, it's also a time when we tend to crave foods that are cooler and more hydrating.

Eating a well-balanced diet—one that includes a variety of fruits and vegetables—is often a challenge. Vegetables and fruits are an important part of a healthy diet, and variety is as important as quantity. No single fruit or vegetable provides all of the nutrients you need to be healthy. Therefore, it's important to eat plenty every day.

Diets rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check. Eating non-starchy vegetables and fruits like apples, pears, and green leafy vegetables may even promote weight loss. Their lower glycemic loads prevent blood sugar spikes that can increase hunger.

At least nine different families of fruits and vegetables exist, each with potentially hundreds of different plant compounds that are beneficial to health. Eating a variety of types and colors gives your body the mix of nutrients it needs. This not only ensures a greater diversity of beneficial plant chemicals, but also creates eye-appealing meals.

This month, we invite you to challenge yourself to add more variety to your diet during the month of June. Although we hope you participate for the full month, to earn points, you are only required to track your veggie intake for 20 out of 28 days. To earn 100 Vitality Points, submit your completed challenge tracker to your Vitality account either online or via the Vitality Today mobile app by June 28, 2019 to qualify.

# 28-Day Core Challenge Tracker



## How it works

Your goal is to complete core exercises during the month of June. Although we hope you participate for the full month, to earn points, you are only required to track your core exercises on your challenge tracker for 20 out of 28 days. We've provided a calendar of suggestions that you are welcome to follow each day or you can come up with your own! Just be sure to write down the name of the core exercise you completed in the grid below.

## Tracker

	SUN	MON	TUES	WED	THURS	FRI	SAT
Week of 6/2							
Week of 6/9							
Week of 6/16							
Week of 6/23							

## Submittal guidelines:

To earn 100 Vitality Points, submit your challenge tracker to your Vitality account either [online](#) (Your Account> Forms and Waivers> Amplify Offerings) or via the Vitality Today mobile app (Submit Activity> Amplify Offerings) **by June 28, 2019.**

## Contract

I, \_\_\_\_\_ (print name), acknowledge that this challenge operates on the honor system and all information provided is accurate.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Employee ID: \_\_\_\_\_ Are you an employee or insured-spouse? \_\_\_\_\_

*\*Insured-spouses should provide the employee's ID number.*

# Eat More Veg Challenge Tracker



## How it works

Your goal is to add more variety of vegetables to your diet during the month of June. Although we hope you participate for the full month, to earn points, you are only required to track your veggie intake for 20 out of 28 days. We've provided a link to the [EatWell.com website](http://EatWell.com) with recommendations on veggie variety, as well as, recipes. You are also welcome to deviate from this website and create your own calendar. Just be sure to write the name of the veggie you ate in the grid below.

## Tracker

	SUN	MON	TUES	WED	THURS	FRI	SAT
Week of 6/2							
Week of 6/9							
Week of 6/16							
Week of 6/23							

## Submittal guidelines:

To earn 100 Vitality Points, submit your challenge tracker to your Vitality account either [online](#) (Your Account> Forms and Waivers> Amplify Offerings) or via the Vitality Today mobile app (Submit Activity> Amplify Offerings) **by June 28, 2019.**

## Contract

I, \_\_\_\_\_ (print name), acknowledge that this challenge operates on the honor system and all information provided is accurate.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Employee ID: \_\_\_\_\_ Are you an employee or insured-spouse? \_\_\_\_\_

*\*Insured-spouses should provide the employee's ID number.*



# 30-DAY ABS CHALLENGE

## ATTENTION!

CONSULT YOUR TRAINER BEFORE STARTING THIS CHALLENGE  
STOP DOING IT ONCE YOU FEEL YOU'RE GOING TO HURT YOUR BODY

<div>01</div> <div>15 X SIT-UPS 5 X CRUNCHES 5 X LEG RAISES 10 S PLANKS</div>	<div>02</div> <div>20 X SIT-UPS 8 X CRUNCHES 8 X LEG RAISES 12 S PLANKS</div>	<div>03</div> <div>25 X SIT-UPS 10 X CRUNCHES 10 X LEG RAISES 15 S PLANKS</div>	<div>04</div> <div>REST DAY</div>	<div>05</div> <div>30 X SIT-UPS 12 X CRUNCHES 12 X LEG RAISES 20 S PLANKS</div>	<div>06</div> <div>35 X SIT-UPS 15 X CRUNCHES 15 X LEG RAISES 25 S PLANKS</div>	<div>07</div> <div>40 X SIT-UPS 20 X CRUNCHES 20 X LEG RAISES 30 S PLANKS</div>
<div>08</div> <div>REST DAY</div>	<div>09</div> <div>45 X SIT-UPS 30 X CRUNCHES 25 X LEG RAISES 35 S PLANKS</div>	<div>10</div> <div>50 X SIT-UPS 50 X CRUNCHES 30 X LEG RAISES 38 S PLANKS</div>	<div>11</div> <div>55 X SIT-UPS 65 X CRUNCHES 33 X LEG RAISES 42 S PLANKS</div>	<div>12</div> <div>REST DAY</div>	<div>13</div> <div>60 X SIT-UPS 75 X CRUNCHES 40 X LEG RAISES 50 S PLANKS</div>	<div>14</div> <div>65 X SIT-UPS 85 X CRUNCHES 42 X LEG RAISES 55 S PLANKS</div>
<div>15</div> <div>70 X SIT-UPS 90 X CRUNCHES 43 X LEG RAISES 60 S PLANKS</div>	<div>16</div> <div>REST DAY</div>	<div>17</div> <div>75 X SIT-UPS 100 X CRUNCHES 45 X LEG RAISES 65 S PLANKS</div>	<div>18</div> <div>80 X SIT-UPS 110 X CRUNCHES 48 X LEG RAISES 70 S PLANKS</div>	<div>19</div> <div>85 X SIT-UPS 120 X CRUNCHES 50 X LEG RAISES 75 S PLANKS</div>	<div>20</div> <div>REST DAY</div>	<div>21</div> <div>90 X SIT-UPS 130 X CRUNCHES 52 X LEG RAISES 80 S PLANKS</div>
<div>22</div> <div>95 X SIT-UPS 140 X CRUNCHES 55 X LEG RAISES 85 S PLANKS</div>	<div>23</div> <div>100 X SIT-UPS 150 X CRUNCHES 58 X LEG RAISES 90 S PLANKS</div>	<div>24</div> <div>REST DAY</div>	<div>25</div> <div>105 X SIT-UPS 160 X CRUNCHES 60 X LEG RAISES 95 S PLANKS</div>	<div>26</div> <div>110 X SIT-UPS 170 X CRUNCHES 62 X LEG RAISES 100 S PLANKS</div>	<div>27</div> <div>115 X SIT-UPS 180 X CRUNCHES 62 X LEG RAISES 110 S PLANKS</div>	<div>28</div> <div>REST DAY</div>
<div>29</div> <div>120 X SIT-UPS 190 X CRUNCHES 62 X LEG RAISES 115 S PLANKS</div>	<div>30</div> <div>125 X SIT-UPS 200 X CRUNCHES 65 X LEG RAISES 120 S PLANKS</div>	<div>X = TIMES S = SECONDS</div>				

