

STRIVE-FOR-5 CHALLENGE

June 1 – 26, 2015

Goal: 85 points

Studies show that fruit and vegetables are critical to promoting a healthy body. They lower your risk of chronic diseases like type 2 diabetes, stroke, some types of cancer, and may help control blood pressure. Fruits and vegetables are also low in calories and high in fiber so they can help control your weight. For this challenge, all forms of produce count including fresh, frozen, canned and dried.

Eat well with the Strive for 5 Challenge!

How the Challenge Works:

Earn 1 point for each serving of fruit or vegetables you eat per day (max. 5 points daily). You will receive 5 credits for the HealthQuest Program once you accumulate 85 points.

Last Day to Enter Points: Friday, July 3rd, 2015

Think of 1 serving as:

- 1 cup of fruit or vegetables
- 1/2 cup of dried fruit, or
- 2 cups of leafy greens.

Eat Well and Feel Great!

www.KansasHealthQuest.com



Tools and Tips:

Visit www.KansasHealthQuest.com for helpful tools, tips and a tracking form to help you get started and meet the challenge goal. Consider using the paper tracking form for convenience when away from a computer or use the mobile Mya® app.



There is no cost for the app, just download and start tracking your progress on the first day of the challenge.