

TAKE THE **GET HEALTHY** CHALLENGE

HANCOCK HEALTH
#HANCOCKHEALTHCHALLENGE

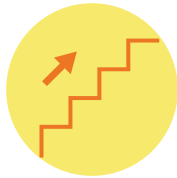
2020
March



**EAT A
FRUIT AND
VEGGIE**
WITH
EVERY MEAL



MEDITATE
FOR 10
MINUTES
EACH DAY



**NO
ELEVATORS**
TAKE THE
STAIRS
INSTEAD



**TAKE A
BREAK**
FROM
SHOPPING
FOR A WEEK

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|--------|--------|--------|--|--------|--------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | <p>MAKING HEALTH POSSIBLE</p> <p> Hancock Health</p> | | | |

START TODAY AT HEALTHPOSSIBLE.ORG