

Quarter 1 2019 (January/February/March) Challenge Options:

Option 1: Complete 30 minutes of physical activity, at least 3 times a week, using family-based interventions (family goal-setting, reinforce positive health behaviors, organize physical activity). *Modification:* Complete 15 minutes at least 3 times a week. (*Resource: Evidence-Based Resource – Physical Activity: Family-Based Interventions from Healthy People 2020*)



Option 2: February is American Heart Month. Have your blood pressure checked at least twice this month by the Wellness Coordinator. Blood pressure checks will be available February 28th, March 14th, 21st, and 28th from 8-8:30 AM. (*Resource: Cardiovascular Disease: Self-Measured Blood Pressure Monitoring Interventions for Improved Blood Pressure Control from Healthy People 2020*)



Did You Know? In 2017, only 61.4% of individuals living in the WCDHD jurisdiction has had a routine checkup in the past year (*BRFSS*). Yearly routine checkups can help prevent heart disease (*American Heart Association*).

Did You Know? In 2017, 30.4% of individuals living in the WCDHD jurisdiction had no leisure-time physical activity in the past 30 days (*BRFSS*). According to Healthy People 2020, regular physical activity can improve the health and quality of life of Americans of all ages, regardless of the presence of a chronic disease or disability.

