

GETTING STARTED

Strive for 5 is a six-week campaign designed for participants to improve their health by using five simple health challenges: Eat, Drink, Move, Sleep, Lose. Choose 2 challenges to focus on throughout the campaign starting on March 4.



EAT

Strive to eat 5 fruits and vegetables a day.



DRINK

Strive to drink 5 cups of water a day.



MOVE

Strive to move for 30 minutes 5 days a week.



SLEEP

Strive to sleep 7-8 hours 5 nights a week.



LOSE

Strive to lose 5 pounds in 6 weeks.

HOW IT WORKS

1. Pick up your participant guide from your Ambassador and begin tracking on March 4.
2. Choose two of the challenges from Eat, Drink, Move, Sleep, Lose to complete and track over the course of the campaign using your paper tracker or in your LIVESMART portal.
3. Submit a completed tracker to your Ambassador or in your LIVESMART portal by April 19 to receive campaign credit and be eligible for the prize drawing.

STRIVE FOR 5 TRACKER

1. Identify the 2 health challenges you want to achieve during the 6-week campaign and write them at the top of each column. If WEIGHT is one of your 2 health challenges, use the last column to record your weight each week.



EAT



DRINK



MOVE



SLEEP



LOSE

Strive to eat 5 fruits and vegetables a day.

Strive to drink 5 cups of water a day.

Strive to move for 30 minutes 5 days a week.

Strive to sleep 7-8 hours 5 nights a week.

Strive to lose 5 pounds in 6 weeks.

2. Strive to meet each goal 5 times each week. Check the circle for each day you achieve your health challenge.

	GOAL 1:	GOAL 2:	WEEKLY WEIGHT: <i>Only if you are striving for Weight.</i>
WEEK 1	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	_____
WEEK 2	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	_____
WEEK 3	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	_____
WEEK 4	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	_____
WEEK 5	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	_____
WEEK 6	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	_____

3. Submit your tracker by April 19. PORTAL/APP: Track at least 6 weeks in the LIVESMART portal by April 19. No other submission required. PAPER TRACKER: Fold this tracker in half, staple it closed, and submit to your LIVESMART Ambassador.

Name _____ Company _____ Location _____ Employee Spouse



Mealime

Quickly generate recipes and shopping list for meals that can be cooked in 30 minutes or less.



Pinterest

Check out the LIVESMART Pinterest Board for dietitian-approved recipes packed with fruits and veggies



Drink 5 Cups of Water Per Day

Staying hydrated with water is one of the best ways to increase energy, regulate your appetite and support many of your body's critical processes. Try to drink at least 5 8-ounce cups of plain water per day.

Tips:

- Tie drinking water into your routine - drink water every time you eat a meal, after you use the restroom, etc.
- Take it to go - fill your water bottle before you leave home, and bring it along on your daily travels.
- Eat more foods high in water - fruits and vegetables that are high in water include lettuce, celery, zucchini, cabbage, watermelon, cantaloupe, and honeydew melon.
- Sip throughout the day - keep a glass nearby and within your line of sight for a constant visual reminder to take a sip.
- Alternate your drinks - if you can't give up soda or juice completely, try alternating with water.



Water Time Drink Tracker

This free app helps you set daily water intake goals and log oz. View detailed status updates and review 7-and 30-day charts for an idea of overall progress.

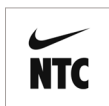


Move for at Least 30 Minutes 5 Days Per Week

Exercise can have health benefits that affect your entire body. Choose activities that you enjoy doing for exercise and that are best suited for your body.

Tips:

- Take advantage of stationary time - when waiting in line, use it as an opportunity to stretch.
- Walk and talk - take your phone call or in-person chat on the go.
- Make it easy on yourself - plan your workouts for the time of day when you're most awake and energetic.
- Schedule it - set yourself up for success by prioritizing exercise as an important appointment with yourself and mark it on your daily agenda.
- Don't have time for a full exercise session? Squeeze in 10 or 15 minute bursts of activity throughout your day.



Nike Training Club

This free app designs workouts and fitness programs by professional trainers and athletes. Choose based on exercise type, equipment (or none), and time frame.



Active & Fit Direct - Join this network of fitness facilities for just \$25 a month. Visit www.livesmartoni.com/activeandfit for more information.



Sleep for 7-8 Hours 5 Nights per Week

Good quality sleep can be the key to achieving your health goals but there are many things that can get in the way. Things that you do during the day and before bed can have a big impact on the quality and duration of your sleep.

Tips:

- Increase bright light exposure during the day - daily sunlight or artificial bright light can help improve sleep quality and duration.
- Try to resolve worries before bedtime - jot down what's on your mind and then set it aside for tomorrow.
- Limit nicotine, caffeine, or alcohol within a couple hours of bedtime.
- Make your bedroom comfortable, dark, quiet, and cooler in temperature.
- Don't lie in bed awake. If you can't fall asleep after 20 minutes, do something calming until you feel sleepy, like reading or listening to soothing music.



Sleep Cycle App - Free for Apple and Android. Analyzes your sleep and wakes you up at the most perfect time, feeling rested.



Sleep Log - Track the behaviors that may be affecting your sleep with the LIVESMART Sleep tracker (found on the website)



Lose 5 Pounds During the 6-week Campaign

Achieving a healthy body weight can make a big impact on your overall health.

Tips:

- Be aware of social and environmental cues that might encourage unnecessary eating, like eating while watching TV or having a candy dish on the table.
- Stay positive - weight loss is a gradual process and commitment to weight loss may seem difficult. Reset and adjust goals as needed and be persistent.
- Reorganize your plate - make half your plate non-starchy vegetables, a quarter of your plate whole grains/starchy vegetables, and a quarter of your plate lean protein.
- Mindful eating - be fully aware of why, how, when, where, and what you eat. Try to eat more slowly and savor your food, concentrating on the taste.
- Plan ahead - use a grocery list, stock the kitchen, create structured meal plans, and plan food choices before events or restaurant outings to make the process easier.



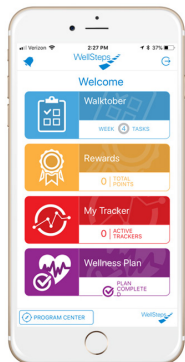
Lifusum: Healthy Eating & Diet

Features goal-based programs that emphasize small, sustainable changes. Pick an objective such as to lose weight, build muscle, or eat better. Then enter exercise, water, and eating habits. You'll get reminders, feedback to improve your diet, and recipes.



WW Online

Formerly known as Weight Watchers, join this online program at a discounted rate through LIVESMART. Visit www.livesmartoni.com/nutrition for more information.



TRACK IN YOUR PORTAL



Make tracking easier by logging in to your LIVESMART portal to complete the Strive for 5 campaign. Once you have registered for the portal on the computer, you can download the "WellSteps" app so you can track from anywhere at any time.