Week Thirteen

This is it, Folks. The last Healthy Tips newsletter. Sad, isn’t it? I can’t believe how quickly this challenge has gone by! We will turn in Week 13 logs on Friday and then Week 14 log on Tuesday, June 1st – the last day of the challenge. So let’s make these last few days really count!!!

Awards Ceremony/Pot Luck

Join us next Friday, June 4th, for our awards ceremony! We will be starting at 11:30 in room 223 (by the cafeteria) and will be crowning the individual winner as well as the winning team.

Please bring something yummy to share with everyone – while I’m sure everyone has forsaken sugar-laden treats for naturally sweetened fruit, we deserve to splurge every now and then. So, feel free to bring whatever your heart (and stomach) desires. 😊

And for those of you distraught at seeing the Challenge end, I will be providing details about a new challenge set to begin at the end of June – this challenge will focus solely on fitness and individual improvement (i.e., no teams in this challenge and no pressure to participate if you don’t want to).

Field Day

Join us this Friday, May 28th for Field Day! This event will be yet another way for your team to earn points!

The event will run from 11 -2, but you do not need to be present for the entire time. The event will be run in pairs, so grab a partner from your team and join us on the East lawn anytime between 11-2. Participants in Field Day are welcome to wear casual clothing (i.e., jeans) to the office tomorrow. 😊

Events will include light running, throwing, and balancing. This should be yet another fun event, so make sure you don’t miss out!

Drawing Winners and Leading Team

Congrats to our drawing winners – Pam Silberman and Christina Eggers!

The team still in the lead is…PEas & CARrots Now (PECARN), but things are getting very close!
What Motivates Me

Toward the beginning of the challenge, I had asked what motivated everyone to want to participate in the Challenge. Below are just a few of the (de-identified) responses…

*My teammates. I’d never let them down!*

*Trying to get looking good for summer, getting healthy for summer activities, and winning the contest. I love the feeling after a good hard work out.*

*My kids are following my footsteps. They are getting out walking with the dogs. They are eating all my salad fixings and fruits and leaving the Easter candy alone.*

*I’ve lost 6 lbs, I’m feeling more energetic, positive and healthier.*

*For a real big push to exercising that myself and family are also benefiting from... I turn off the TV and hike the stereo up on the radio station that THEY love. It gets all of us up off the couch and if we finish all the house work and aren’t pooped out, then we dance.*

*Public speaking! If I’m going to be up in front of a crowd, I better make sure I start to slim down to be at my best.*

*I loooooooooooooooooove veggies (now)*

*Competition! (We WILL win!!)*

*I always feel better after I exercise, remembering that feeling keeps me going.*

*Having lots of stickers on my calendar to mark the days I exercise*

Bikini season is just around the corner. Yikes!

*Want to have habit of living/eating healthy so my family can be healthy, too*

*I know how I feel when I don’t exercise and eat well vs. when I do exercise and eat well... I choose the latter! When I exercise and eat well I have much more energy, but most of all the natural endorphins boost the mind; it’s like a natural happy pill.*