

## CARROLLTON PUBLIC LIBRARY PRESENTS

# HEALTHY HABITS CHALLENGE

## TEEN & ADULT

Complete at least 12 of the 20 activities to be entered into a prize drawing.

- Work out for at least 15 min. a day for a week.
- Turn on your favorite song and dance your heart out.
- Go to sleep around the same time every night for 5 days.
- Say no to soda and sugar drinks for one week.
- Try interval training.
- Do stretches or a low intensity workout while reading or watching an episode of a show.
- Do a plank for as long as you can.
- Stretch out those muscles for at least 10 minutes.
- Do as many situps as you can in 1 minute.
- Read a biography about an athlete.
- Do a wall sit for 90 seconds.
- Find a healthier version of one of your favorite foods.
- Turn off your phone at least 1 hour before bed.
- Meditate for 10 minutes a day for a week.
- Drink at least 8 glasses of water a day.
- Take the stairs instead of the elevator for a week.
- Do jumping jacks every time a commercial comes on TV for one day.
- Go for a hike and enjoy nature at a brisk walking pace.
- Try out an activity you haven't done in a while, like hula hooping, jump rope, or playing frisbee.
- Those muscles need a break – take a nap!

Cut on dotted line and return this portion to the Carrollton Public Library to be entered in the drawing for a prize.

### ENTRY FORM - TEEN & ADULT

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone #: \_\_\_\_\_