

TAKE THE 'SMALL STEPS TO A HEALTHIER YOU' CHALLENGE



Congratulations! You've taken the first small step to a healthier you by joining HealthPartners' new and innovative Small Steps to a Healthier You program.

To help you challenge yourself—and have fun in the process—we've put together a sample points system. Try some of the small steps you'll find here!

WEEK	ACTIVITY	POINTS (PER DAY)	MY SMALL STEPS
Week 1. Stay Hydrated			
At Home	Drink 9 cups of water (2.2 litres) a day. If you can't drink this total amount from the start, begin with 4 cups of water and increase your intake every day.	2	
	Post a picture of a jug of water at your work station to inspire you.	1	
	Buy a funky water bottle and carry it with you wherever you go.	1	
	Experiment with different kinds of fruit and herbs that you can add to your water. Share your favourite flavoured water recipe with a friend!	3	
At Work	Start a 'drink more water' contest, where you and your co-workers put together a daily checklist. At the end of the week, see who has the most checkmarks (they're the ones who drank the most cups of water)! The winner gets a snazzy water bottle.	3	
	At lunch time one day, set up a get-together to exchange recipes for flavoured water. You could even bring in a sample each of our favourite watered drink for others to try!	2	
Total		12	

WEEK	ACTIVITY	POINTS (PER DAY)	MY SMALL STEPS
Week 2. Get Physically Active			
At Home	Make a game of taking the stairs two steps at a time.	1	
	Create some fun while doing a household chore/task (e.g., jumping jacks while stirring soup, dancing to music while vacuuming).	2	
	Start taking a short walk after work and increase your pace as you get more fit.	2	
	Organize a weekly yoga or walking session with your friends.	2	
	When you get up in the morning, do some stretches before your bathroom routine.	1	

WEEK	ACTIVITY	POINTS (PER DAY)	MY SMALL STEPS
Week 2. Get Physically Active			
At Work	Get together with a co-worker and walk up and down the stairs at lunch. Start by going up and down 2 floors, and see how many floors you can manage at the end of the week.	3	
	Walk briskly around the office floor at break time.	1	
	If you drive to work, park your car in the farthest parking lot and walk to your office, or if that isn't an option, arrive early and walk around your office building a few times.	2	
Total		14	

WEEK	ACTIVITY	POINTS (PER DAY)	MY SMALL STEPS
Week 3. Eat Healthy			
At Home	Go through your pantry and read all the labels. Replace your processed foods with healthier choices.	4	
	Make snacks and meals ahead of time, every Sunday (e.g., nutritious soups, grilled chicken, granola, chopped fruits and vegetables put in sealable bags).	3	
	Create different smoothie drinks to find the ones you like best.	2	
	Put up signs around the kitchen to remind you to stay away from sugary, salty foods.	1	
	Reward yourself when you get through a week without reaching for a bag of chips or eating too much at dinner.	1	
At Work	Organize a healthy potluck lunch with your co-workers. You can even exchange recipes!	2	
	Bring in healthy snacks and even swap some of yours with a co-worker.	1	
Total		14	

WEEK	ACTIVITY	POINTS (PER DAY)	MY SMALL STEPS
Week 4. Keep Mentally Healthy			
At Home	Take 15 minutes every day to get some fresh air.	1	
	Start colouring or dig out a jigsaw puzzle instead of watching TV!	2	
	Play your favourite music while getting dinner ready.	1	
	Do something totally different every week—something out of the ordinary!	3	
	Get together with your friends once a month. Take turns going to each other's houses.	1	

WEEK	ACTIVITY	POINTS (PER DAY)	MY SMALL STEPS
Week 4. Keep Mentally Healthy			
At Work	If the weather is nice, organize an impromptu yoga session outside during your lunch break.	3	
	Get together with your work buddies and colour away during your lunch break, while socializing and snacking on healthy food.	2	
	Instead of working through your break, take the time to step away from your desk to get some fresh air. Make this a daily habit.	1	
Total		14	

WEEK	ACTIVITY	POINTS (PER DAY)	MY SMALL STEPS
Week 5. Sleep Well			
At Home	Make it a habit every night to stop watching TV, looking at your Ipad or computer at least 2 hours before bedtime.	1	
	At bedtime, play soft music, open the window to listen to the night sounds or meditate.	2	
	Start a sleep journal to track your sleep patterns for a week.	1	
At Work	Take time out at break time to sit with your co-workers to share tips on how you get to sleep at night—maybe even do some research beforehand!	2	
	Share your favourite sleep-time music with your co-workers.	1	
Total		7	

WEEK	ACTIVITY	POINTS	MY SMALL STEPS
Week 6. Make an Impact			
Giving	<p>HealthPartners is hard at work on the ground in 1,200 communities across Canada. Visit https://healthpartners.ca/local to see our impact in your neighbourhood and help us by donating today!</p> <p>Simply click the 'Donate' button at the top of the page to help save lives.</p>	15	