

Hop on the 5210 Bus



Live a Healthy Lifestyle, Take the Fitness Challenge

(take the fitness challenge for 2 weeks, fill out this form and bring the completed form in to Salmon Falls Family Healthcare to get a prize)

Task	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Eat 5 fruits & vegetables per day							
Drink water and milk							
Limit screen time							
Exercise every day							
Run or walk 1 mile							
Do 15 push-ups							
Jump rope for 15 min							
Do 20 jumping jacks							

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