



Commit to be Fit in 2024 with Achievable Goals

The 'Healthy 10 Challenge' encourages participants to commit to 10 essential and achievable health goals. While it's not mandatory to commit to all 10, the aim is to embrace most of them. The key aspect of this 10-week program involves providing regular updates to the Health Coach through a log or email and responding to their weekly check-in email. The Health Coach will offer personal advice based on your feedback and share a weekly educational article, of which you should at least read the very short summary. Additionally, the program recommends incorporating modules from the 'IT Program,' a versatile fitness initiative that can be done anytime, anywhere, and in short durations. If weight loss is a goal, you can track and report your weekly weight, while also following the health coach's suggestions based on your input. If you try for the next 10 weeks and pass some simple physical tests you get an *I am Healthy Fit Sticker*.

The primary focus of the "Healthy 10 Challenge" is on making an effort to follow the ten health goals, rather than requiring absolute commitment or perfection with the help of a health coach.

“The Healthy 10 Challenge” Goals

1. Aim to drink several glasses of water daily and cut back on caloric drinks, such as sugary and alcoholic beverages.
2. Strive to include a few servings of vegetables and fruits in your daily diet.
3. Work on limiting foods high in added sugars, ultra-processed foods, and fast foods.
4. Practice mindful eating by understanding your portions and being attentive while consuming your meals.
5. Engage in mindful breathing at times (a few a day) by taking deep and slow breaths through your nose, ensuring a full and controlled exhalation, while expanding your abdomen on inhalation. See Breathing
6. Move purposefully for at least 10 minutes a day and/or elevate your heart rate with short micro HIIT session(s). Power walking and Micro HIIT sessions are easy and great for your body (refer to "Step It" and "HIIT It").
7. Maintain good posture and try to stand more, incorporating simple "Strike It" poses into your daily routine and standing every 20 30 minutes when seated.
8. Ensure pain-free joint range of motion and strengthen your body through one or more simple mobility and strengthening motions and exercises (refer to "Move It" and "Build It").
9. Prioritize quality sleep for overall well-being.
10. Decrease screen time by 15 minutes each day to promote a healthier lifestyle.

See Simple Whys for all 10 Goals

If you would like to be part of this 10 week challenge and to be coached along the way email fittec@me.com. You can join at any time. To download Log go to our [log webpage](#). Only do exercise portion if healthy to do so (See ParQ).

I am Healthy Fit

If you complete the above 10 Week Challenge and meet the I am Healthy Fit Physical Tests you will get an I am Healthy Fit Sticker.

Optional Weekly Weigh-Ins

OPTIONAL WEEKLY WEIGH INS and HEALTH COACH WEIGHT LOSS ASSISTANCE PROGRAM

When you sign up for the “The Healthy 10 Challenge” you have the option of working with the Health Coach on Weight Loss. If you choose this option we will have you reporting your weight weekly and telling us how you are progressing. We also highly suggest doing the following.

1. With the help of the Health Coach, let's work together to come up with a plan where you eat mostly healthy meals every day. The idea is to keep about 80% of your meals consistent. Eating the same things can be helpful for losing weight. We can start by creating 1-2 options for breakfast, lunch, and dinner that you like, are good for you, and that you can stick with. Knowing the calories will also be part of the plan to make it easier for you. See Healthy Plate Guidelines. Tell us your meal plan. (fittec@me.com).
2. Educate yourself about Weight Loss and Health & Fitness through reading our Keys to Weight Loss Summary Page (highly suggested) or watching our video; Key: How are you going to be successful at weight loss unless you have knowledge and a plan?