

7-DAY HEALTHY CHALLENGE



DAY 1:

Get moving for
30 minutes.



DAY 2:

Add an extra
scoop of veggies
to your plate.



DAY 3:

Put away the
screens 1 hour
before bedtime.



DAY 4:

Go for a walk
around your
neighborhood.



DAY 5:

Drink an extra
glass of water.



DAY 6:

Start your morning
with a stretch.



DAY 7:

Swap a sugary
snack for
fruit instead.

One week to a healthier you!



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Super Health A Challenge For All The Family

Padhraic Smyth



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