NOVEMBER CHALLENGES

CHANGE OF PACE

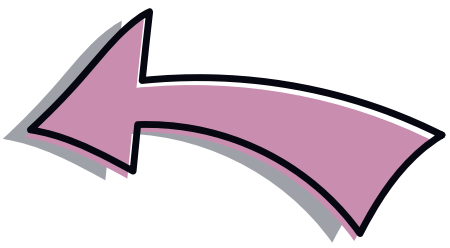
Step out of your usual routine and try a new physical activity! Whether it's a class, sport, or just a different way of moving your body. The goal is to have fun while trying something new.

FORGET FAST FOOD

Skip the drive-thru and recreate your favorite fast food meal at home with a healthier twist! Get creative with ingredientsand enjoy a version that fuels you better.

THINK THANKFUL THOUGHTS

Take a moment to pause and reflect on gratitude. Each week, write down three things you're thankful for.



Scan this QR code to share your challenge completion pictures with the community!