

SUMMER CHALLENGE

HEALTHY HABITS

JULY 21 - AUGUST 17

Encourage children and teens to adopt healthy habits throughout the summer in a fun, engaging way—promoting physical activity, nutrition, mental wellbeing, and health literacy.

How It Works: Each week includes a theme with simple challenges to complete. Track the days you complete the challenges and you will be entered to win a grand prize! Each completed bonus point will give you an additional entry for the grand prize! Submit your completed form by August 20. Winner will be contacted directly and announced on facebook on August 22!

ENTER TO WIN! SUBMISSION DEADLINE AUGUST 20.

- **Email a photo of the completed form to:** Amy.Glade@osceolaregional.org
- **Drop off this completed form to one of the following locations:**
Osceola Regional Health Center, Osceola Community Health Services, Bright Beginnings, Avera Medical Group Sibley, Sibley Public Library

GRAND PRIZE!

Arnolds Park Passes (2)
and summer fun goodie bag

Questions?

Please contact Osceola Community Health Services (Public Health) call 712-754-4611 or email Amy.Glade@osceolaregional.org

Download a printable or digital version online at:
www.osceolarhc.org/summer



Osceola Community Health Services

Prevent. Promote. Protect.



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HEALTHY HABITS

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will give you an
additional entry
for the
GRAND PRIZE!

Week 1

Theme: Hydration Nation

<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> T	<input type="checkbox"/> F	<input type="checkbox"/> S
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Drink 6–8 glasses
of water each day

(CHECK ONE BOX FOR EACH DAY)

BONUS POINTS!

☐

Try a
fruit-infused
water recipe

☐

Draw a poster
showing why water
is important

Week 2

Theme: Move Your Body

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20 minutes of physical
activity daily (walk, bike, dance, etc.)

(CHECK ONE BOX FOR EACH DAY)

BONUS POINTS!

☐

Join a family
walk or hike

☐

Learn a new
stretch
or yoga pose

Week 3

Theme: Smart Snacking

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Eat one fruit and one
vegetable each day

(CHECK ONE BOX FOR EACH DAY)

BONUS POINTS!

☐

Help prepare a
healthy snack at
home

☐

Visit a local
farmers market
or garden

Week 4

Theme: Dental Health Week

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Brush and floss
twice a day

(CHECK ONE BOX FOR EACH DAY)

BONUS POINTS!

☐

Visit the dentist
(or schedule an
appointment)

☐

Read a book or watch
a short video about
dental hygiene