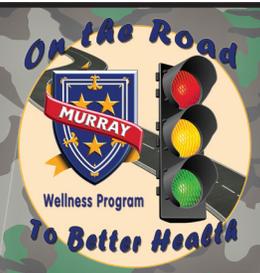


31 DAYS OF JULY OFFENSIVE



MISSION 2: IT'S ALL ABOUT NUMBERS JULY 11-17

THE MISSION FOR THIS WEEK IS TO **KNOW YOUR SCREENING NUMBERS** (BLOOD PRESSURE, BLOOD SUGAR, WAIST CIRCUMFERENCE AND BMI) AS WELL AS WHAT THOSE NUMBERS INDICATE. IF YOUR NUMBERS INDICATE HIGH RISK FOR HEALTH PROBLEMS, USE YOUR ORDERS TO HELP TAKE ACTION... IF NECESSARY GET YOUR RUMP TO THE DOCTOR, SOLDIER!

CHOW ORDERS

CHOOSE THE ONES YOU'RE SOLDIER ENOUGH TO TRY!

- **Hush up and eat your vegetables soldier!**

Try a new vegetable or a new way to fix a vegetable (corn and potatoes do not count) and report **INTEL**.

WORTH 1 MERIT, LIMIT 1 PER MISSION

- **Quit your whining and try it soldier!**

Try a new fruit or a new way to prepare fruit and report **INTEL**.

WORTH 1 MERIT, LIMIT 1 PER MISSION

- **Quit going against the grain soldier!**

Try a new grain or prepare a grain you have used before in a new way and report **INTEL**.

WORTH 1 MERIT, LIMIT 1 PER MISSION

- **Canteen check soldier!**

Avoid any sweetened beverages (*includes avoiding artificially sweetened beverages too*). Water is free!

WORTH 1 MERIT, 7 MERITS POTENTIAL FOR THIS MISSION

- **Eyes forward soldier!**

Pass up the vending machine and any unhealthy snacks such as sugary snacks and potato chips. Instead, bring your own healthy snack and report **INTEL**.

WORTH 1 MERIT, LIMIT 1 PER MISSION

- **Get away from that salt lick soldier!**

Read your labels and put away the salt shaker. Keep your sodium intake to less than 1500 mg per day and report **INTEL**.

WORTH 1 MERIT, LIMIT 1 PER MISSION

- **There's something fishy here soldier!**

Get at least two servings of fish during this mission (it can't be battered and deep fried) and report **INTEL**.

WORTH 2 MERITS, LIMIT 1 PER MISSION

- **Get your head out of the garbage soldier!**

Stay away from fast food at least one day. Instead, try a new healthy recipe.

MISSION PREP REQUIRED SOLDIER!

- Go to the **WEEKLY RECIPE CHALLENGE RECIPES** on the City of Murray Intranet site, or search <http://www.eatingwell.com/> for your own healthy recipe.
- Pick and prepare one healthy recipe that you have never prepared before and report **INTEL**.

WORTH 2 MERITS, LIMIT 1 PER MISSION

NEW
ORDERS!

PT ORDERS

Move it soldier!

Keep looking for 10 minute or 15 minute windows in your day and get moving. Get 3 10's, 2 15's, or a total of 30 per day to earn your merits and report your **INTEL**. (*You will report this once at the end of the mission. Make sure to tell how many days you accomplished this task.*)

WORTH 2 MERITS PER DAY, 14 MERITS POTENTIAL FOR THIS MISSION

UNIT SUPPORT

MISSION PREP REQUIRED SOLDIER!

- Go to the **WEEKLY RECIPE CHALLENGE RECIPES** on the City of Murray Intranet site, or search <http://www.eatingwell.com/> for your own healthy recipe.
- Pick and prepare one healthy recipe that you have never prepared before, bring it to share with your co-workers, and report **INTEL**.

WORTH 2 MERITS, LIMIT 1 PER MISSION

ENCOURAGE A FELLOW SOLDIER!

Every unit has someone who is afraid. Whether it is trying something new and healthy, getting active, getting a blood pressure check or getting a mammogram, someone in your unit may need encouragement. Assess the situation. If the time is right, reach out and help. Report your **INTEL** (*leave out the name*).

WORTH 2 MERITS, LIMIT 1 PER MISSION

SPECIAL ORDERS

QUIT YOUR YAPPING AND LISTEN, SOLDIER - WHY NUMBERS MATTER

Come out and learn why knowing your numbers and keeping them in the low risk category is important. Sign in at the training, view the video, and complete the quiz on the Wellness share drive, or check out the DVD and complete the quiz for credit.

RALLY POINT & TIME

City Hall Council Chambers

Friday, July 11

11:00 am - 11:30 am

Presented by Amy Ferguson, Calloway County Health Department

REPORT INTEL, WORTH 1 MERIT

DON'T PUT IT OFF SOLDIER!

Schedule your annual wellness exam with a medical provider and report **INTEL** (info will remain confidential). If you have already done this, report your **INTEL**, you've earned your merits soldier! Dental exams and eye exams are both worth 1 merit each (if completed in the past 6 months or scheduled for the next 6 months)

WORTH 3 MERITS, LIMIT ONE PER MISSION