

# the Lake Region 150



A COMMUNITY HEALTH CHALLENGE FROM LAKE REGION HEALTHCARE UNITY WELLNESS

## Week 1

Theme: Movement

April 17-23  
M T W TH F SA SU

- Plan Exercise for Tomorrow
- 10 Min of Stretching
- Drink 64 oz. of water today
- 30 minutes of exercise
- At least 7 hours of Sleep

## Week 2

Theme: Hydration

April 24-30  
M T W TH F SA SU

- Set a Daily Water Goal
- Use a reusable Water Bottle
- Eat 4-6 serv. of Fruits & Veg
- Naturally Infuse your Water
- 30 minutes of exercise

## Week 3

Theme: Connections

May 1-7  
M T W TH F SA SU

- Drink 64 oz. of water today
- Practice Gratitude
- Offer Gift of Time
- Be a Better Listener
- 30 minutes of exercise

## Week 4

Theme: Healthy Eating

May 8-14  
M T W TH F SA SU

- Drink 64 oz. of water today
- Eat 4-6 serv. of Fruits & Veg
- Try a New Recipe
- 30 minutes of exercise
- Practice Portion Control

## Week 5

Theme: Mindfulness

May 15-21  
M T W TH F SA SU

- Stop, Breathe, Observe
- Drink 64 oz. of water today
- Read 10 pages of non-fiction
- No Screen Before Bed
- 30 minutes of exercise

## Week 6

Theme: Rest

May 22-28  
M T W TH F SA SU

- Drink 64 oz. of water today
- 5 Min of Meditation
- 15 minutes of self care
- At least 7 hours of sleep
- 30 minutes of exercise

A Community Wellness Challenge to complete 150 actions over six weeks, building a healthier community together.



**Lake Region**  
HEALTHCARE  
**Unity Wellness**

# The 150 Challenge



FROM LAKE REGION HEALTHCARE UNITY WELLNESS

A Challenge to Improve in Every Dimension of Wellness and build healthier communities for the next 150 Years!



Physical



Environmental



Spiritual



Emotional



Intellectual



Occupational



Social



Nutritional

## How it Works:

- **Starting April 11th:**
  - Sign up for the challenge at [www.lrhc.org/150](http://www.lrhc.org/150)
- **April 17th thru May 28th:**
  - Take the challenge to complete at least 150 healthy actions using our challenge tracker
  - Get weekly inspiration from Unity Wellness including:
    - personal testimonies from community members
    - fun facts about Fergus Falls' 150th and our other hometowns
    - tips, tricks and recipes to help you crush the 150 challenge
- **June 4th:**
  - Grand prize drawing for \$1500 cash, participation swag, and challenge completion celebration at Dr. Allen Magnuson Park (formerly NP Park) on June 4th during the Lake Region Run

A Community Wellness Challenge to complete 150 actions over six weeks, building a healthier community together.



**Lake Region**  
HEALTHCARE  
**Unity Wellness**