

SPRING INTO HEALTH

Health Passport Challenge

Are you up for the challenge?
Complete all the activities on the
next page during September.



Health Passport Challenge Instructions

1. Tick off when you complete each activity.
2. Some activities ask for a photo, so make sure you upload and tag #SPRINGINTOHEALTHAU so we can encourage others to take part in the challenge.

- Wake up 5 minutes earlier to do a mini (5 minute) workout or stretch routine
Click [here](#) for ideas.
- Learn a new healthy recipe and take a photo of what you cooked. Share on Facebook or Instagram - tag #SPRINGINTOHEALTHAU
- Get active in nature and take a photo of where you went. Share on Facebook or Instagram - tag #SPRINGINTOHEALTHAU. Spending time in parks and green spaces can have a positive effect on self-esteem and mood. Find local walks in your area: [Blacktown City](#), [Cumberland](#), [Parramatta & The Hills Shire](#).
- Snack on veggie sticks (for example try carrot/celery) with hummus as a healthy snack idea.
- Add a 5 minute walk around the block during your lunch break (this can enhance your productivity and concentration span).
- Fancy some potato chips? Switch to plain popcorn at least once this month instead.
- Set alarms to take breaks from work or study and go for a short walk or stand up at your desk if you can.
- If ordering takeaway or eating out, choose healthy options. For example swap fries for a healthier side, or choose fish that's grilled or avoid sugary drinks and choose water.
- Add some movement to your day by jogging on the spot, doing star jumps or lifting weights while you watch TV.
- Getting enough sleep is good for your brain and body. Try some [relaxation tips](#) before bed to help improve the quality of your sleep.

