



SNACK ATTACK CHALLENGE

Go bananas on healthy snacks!

An otherwise healthy eating plan can be undone by too much snacking – especially when snacking on the carb-heavy, sugar- and sodium-filled stuff found in vending machines. Choosing fruit, vegetables, and whole grains throughout the day can help keep you on track.*



CHALLENGE DATES:

Challenge Runs: 4/6/20 - 5/1/20



HOW IT WORKS:

Give yourself one challenge point for each day you eat at least one healthy snack, including:

Whole Grains

Examples: Whole-grain bread, brown rice cakes, and high-fiber cereal bars

Protein

Examples: Eggs, peanut butter, low-fat meats, low-fat milk, low-fat cheese, cottage cheese, and yogurt

Fruits and Vegetables

Examples: 100 percent fruit juice, whole fruits and vegetables, low-sugar canned fruits, low-sodium canned vegetables, frozen fruits, and vegetables

The goal: Earn 250 points for reaching each tier (max 1000 points).

Tier 1: 15 pts

Tier 3: 23 pts

Tier 2: 20 pts

Tier 4: 26 pts



Register and track your progress by going to MyCreighton, clicking on the apple and logging in with your NET ID and BLUE password.

*Consult your physician before beginning a new physical activity or nutrition program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

Questions about this challenge
or your wellness program?

Call 888-848-3723.