

# HEALTHY LIFESTYLE CHALLENGE

Celebrating a New You in 2012? Join us for a 13 week program designed to challenge you to adopt a healthier lifestyle.

Whether the goal is to become fit, eat healthier, or reduce stress, each participant has the potential to be a winner! Pick the challenge(s) you are most interested in and get started!

Look for recipes, tips and more motivating information each Thursday in our Healthy Lifestyle Challenge section.

**We'll have weekly prizes, announced Thursdays.** Participants will be eligible to enter our **\$1000 Grand Prize Drawing** when they return their completed logs from each of the 13 weeks of the Healthy Lifestyle Challenge. Logs may be turned in to Pavitt's Health and Fitness, the Alaska Club or to the Juneau Empire on Monday of each week. Weekly winners will be announced in our Thursday Healthy Lifestyle Challenge. The Grand Prize Winner will be announced in the April edition of Body&More.

**Weekly logs will be printed each Sunday in the Juneau Empire and will be available online at [juneauempire.com](http://juneauempire.com). Look for the Healthy Lifestyle Challenge box near the bottom left of the Home Page.**

Turn in your Log every Monday to Pavitt's, JRC, or The Juneau Empire. The deadline to turn in your Week Three log is Monday, February 6.

- Week 1: Sunday, January 15 – Saturday, January 21
- Week 2: Sunday, January 22 – Saturday, January 28
- Week 3: Sunday, January 29 – Saturday, February 4
- Week 4: Sunday, February 5 – Saturday, February 11
- Week 5: Sunday, February 12 – Saturday, February 18
- Week 6: Sunday, February 19 – Saturday, February 25
- Week 7: Sunday, February 26 – Saturday, March 3
- Week 8: Sunday, March 4 – Saturday, March 10
- Week 9: Sunday, March 11 – Saturday, March 17
- Week 10: Sunday, March 18 – Saturday, March 24
- Week 11: Sunday, March 25 – Saturday, March 31
- Week 12: Sunday, April 1 – Saturday, April 7
- Week 13: Sunday, April 8 – Saturday, April 14

**GRAND PRIZE WINNER ANNOUNCEMENT  
SUNDAY, APRIL 22, 2012!**

## Healthy Lifestyle Challenge Log – Week Three



NAME (INDIVIDUAL/GROUP): \_\_\_\_\_

AGE(S): \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

**Publicity Release:** I hereby grant to the Juneau Empire and all Contest Sponsors, and their respective assigns, the absolute right and permission to use my name, address, photograph and/or likeness in any and all advertising and promotional materials, in any manner or media whatsoever, for purposes of advertising, trade or promotion. I acknowledge and agree that I shall have no right of approval, no claim to any compensation, and no claim arising out of the use, alteration, or distortion of my name, address, photograph or likeness.

SIGNATURE: \_\_\_\_\_

|   | Goal | Su | M | T | W | Th | F | Sa |
|---|------|----|---|---|---|----|---|----|
| <b>Exercise:</b>  |      |    |   |   |   |    |   |    |
| Walking/Hiking  |      |    |   |   |   |    |   |    |
| Weightlifting   |      |    |   |   |   |    |   |    |
| Cardio  |      |    |   |   |   |    |   |    |
| Outdoor activity  |      |    |   |   |   |    |   |    |
| Yoga  |      |    |   |   |   |    |   |    |
| Sports  |      |    |   |   |   |    |   |    |
| <b>Nutrition:</b>   |      |    |   |   |   |    |   |    |
| Increased vegetable consumption   |      |    |   |   |   |    |   |    |
| Increased fruit consumption   |      |    |   |   |   |    |   |    |
| Increased whole food consumption  |      |    |   |   |   |    |   |    |
| Adequate water consumption  |      |    |   |   |   |    |   |    |
| Family meal together  |      |    |   |   |   |    |   |    |
| Avoided or decreased sugar consumption  |      |    |   |   |   |    |   |    |
| Avoided or decreased fast foods   |      |    |   |   |   |    |   |    |
| Avoided or decreased fried foods  |      |    |   |   |   |    |   |    |
| Avoided or decreased sodas and juice  |      |    |   |   |   |    |   |    |
| Avoided or decreased alcohol useage   |      |    |   |   |   |    |   |    |
| <b>Tobacco Cessation:</b>   |      |    |   |   |   |    |   |    |
| Avoided tobacco use   |      |    |   |   |   |    |   |    |
| Decreased tobacco use   |      |    |   |   |   |    |   |    |
| <b>Stress Reduction:</b>  |      |    |   |   |   |    |   |    |
| Relaxation/meditation   |      |    |   |   |   |    |   |    |
| Reading for pleasure  |      |    |   |   |   |    |   |    |
| <b>Unplugged:</b>   |      |    |   |   |   |    |   |    |
| Replace 30 minutes of screen time (TV, electronic games, computer) with a screen-free activity  |      |    |   |   |   |    |   |    |
| Replace 30 minutes of headphone time (music, bluetooth) with a sound-free or low-sound activity |      |    |   |   |   |    |   |    |
| <b>Comments/Notes:</b>  |      |    |   |   |   |    |   |    |

## Never Too Late



COREY M. PAVITT, DC

Ellen, Joe, and I have been getting a lot of feedback about the Healthy Lifestyle Challenge. Most folks have remarked how much they like the positive emphasis the challenge has. Personally, I like how it mimics real life. Specifically, the fact that it is never too late to get started and the fact that if you fall of the wagon you can always climb back on again whenever you are ready.

Just like everyday is a new day, every week is a new week for the challenge. If you haven't started yet, go ahead and give it a try. You don't need to attempt everything on the list, just pick one or two things that call to you. Regardless of how much change you make you can be proud that you are making the effort. Have a great week.

**Yours in good health,  
Corey**



**789-5556**