

# FCC Your Wellness Matters

## HEALTH TRADITION WELLNESS AT WORK



### MORE MATTERS

Eat more healthy fruits and vegetables

### Fill your plate with superpowers.

According to Mayo Clinic, fruits and vegetables matter, a lot.

- » 3–5 servings per day = 11 percent lower stroke risk
- » 5+ servings reduces stroke risk by 26 percent
- » 7 or more servings are linked to the lowest risk of death from all causes—cancer, heart disease AND stroke

Wondering how to get more servings? Pause as you make your casserole, and think of which extra vegetable you can add to it. Slice some veggies for breaktime, or snack on an apple instead of chips. Search out new recipes that feature fruits and vegetables—a new, tasty discovery may even become one of your favorites.

**Target:** Five servings per day, any combination of fruits and vegetables.

## Activity tracker: More Matters Challenge

Challenge dates: 8/2/15 to 8/29/15

Any fruit or vegetable counts toward your goal.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Totals
Week 1								Weekly goal: 35 servings
Week 2								Weekly goal: 35 servings
Week 3								Weekly goal: 35 servings
Week 4								Weekly goal: 35 servings

Your total fruit and vegetable servings for this challenge =   
(Challenge goal: 140 servings)

Please turn in this tracker to your company's challenge "champion" at the end of the challenge to qualify for incentives.

Name: \_\_\_\_\_  Male  Female  
 Organization name: \_\_\_\_\_  
 Employee  Spouse/family Current Health Tradition member?  Yes  
 Age (optional):  18–29  30–44  45–59  60+

Your feedback is appreciated! Did you benefit from this challenge? Want to do it again? Have ideas to make it more enjoyable?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Have you signed up for the quarterly WellMe updates yet?  
**Go to [www.HealthTradition.com/go/WellMe](http://www.HealthTradition.com/go/WellMe)**