

Health Category sponsored by:



HEALTH RESOURCES

Healthy living is good for you and the planet!
Kickstart healthy new habits!

WRAC Schedule (1 free fitness class per EcoChallenge participant)

https://docs.google.com/spreadsheets/d/e/2PACX-1vT7T_Fea_RCBon_J7A36wi7oMsY7Nkr_EFEGu_JT-YCWHrLNXV_wWI73EKDGxvMe5Ro6b80bT-M50/pubhtml

WRAC Pickleball Schedule (try for free)

<https://www.wrac.org/pickleball.html>

WRAC X Zone Small Group Training (1 free session)

<https://www.wrac.org>

Exercise and Physical Activity ideas

<https://www.choosemyplate.gov/physical-activity>

https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet2_BeAFitKid.pdf

<https://snaped.fns.usda.gov/snap/MPMF/Handouts/FamilyTimeActiveandFunHandouts.pdf>

Go get a check up

<https://www.cdc.gov/family/checkup/index.htm>

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| Know my health | http://www.heart.org/HEARTORG/Conditions/More/Diabetes/PreventionTreatmentofDiabetes/Know-Your-Health-Numbers_UCM_313882_Article.jsp#.WNmtUW_yupo |
| Happiness Power Principles | https://www.psychologytoday.com/blog/happiness-purpose/201302/the-five-happiness-power-principles |
| Quit Smoking Programs | http://www.lung.org/stop-smoking/i-want-to-quit/ |
| What counts as 1 cup (fruit & veggie) | https://snaped.fns.usda.gov/snap/MPMF/Handouts/VegetablesandFruits_SimpleSolutionsHandouts.pdf |
| Avoid Refined Sugar | http://www.eatright.org/resource/health/weight-loss/your-health-and-your-weight/out-with-the-old-in-with-the-new |
| | http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar-101_UCM_306024_Article.jsp#.WNGSTE0rJQJ |
| | http://www.eatingwell.com/nutrition_health/nutrition_news_information/how_to_identify_natural_sugar_and_added_sugar_on_nutrition_labels |
| | http://www.eatright.org/resource/food/nutrition/nutrition-facts-and-food-labels/the-basics-of-the-nutrition-facts-panel |
| | http://dhss.alaska.gov/dph/PlayEveryDay/pages/How-to-Find-the-Added-Sugars.aspx |

Non-toxic cleaning recipes

<http://www.goodhousekeeping.com/home/cleaning/tips/a24885/make-at-home-cleaners/>