

Eat **Healthfully.** **Win Big.**

Healthy Life Schools Challenge™



The PacificSource Healthy Life Schools Challenge is aimed at improving the health of local K-12 teachers and staff, while serving as positive role models to students.

Why take the challenge?

The rise in obesity rates in the United States is related mostly to an increase in caloric intake—in particular, an increase in calories from snacks—rather than a decline in caloric expenditures (reduced activity).*

Obesity is associated with many serious medical conditions, including diabetes, heart disease, and high blood pressure. The challenge encourages participants to learn how healthy snacking can have a positive impact on their overall health.

How does it work?

Challenge participants track the number of fruits and veggies they eat, including whether the fruit or veggie replaced a high calorie snack. Fruits and veggies will be provided to schools on a weekly basis.

Optional: Staff can participate in a four-week, Couch-to-5K training program designed to train them for a 5K run/walk.

Who can participate?

The challenge is open to all teachers and staff in participating school districts.

What do we win?

A grand prize of \$1,000 will be awarded to each participating elementary, middle, and high school that consumes the highest percentage of fruits and veggies during the challenge. Each school can use the prize to support health and wellness within their school.

*"Why Have Americans Become More Obese?" <http://dash.harvard.edu/handle/1/2640583>



*"I love this Challenge!
It made me aware of what we
are eating and our health."*

**Questions? Contact us at
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