

31 DAYS OF JULY OFFENSIVE



MISSION 1: MORE IS LESS & LESS IS MORE

JULY 1-10

YOUR ORDERS FOR THIS MISSION WILL INVOLVE DOING MORE OF THE ACTIVITIES THAT *DECREASE* YOUR HEALTH RISKS AND LESS OF THE ACTIVITIES THAT *INCREASE* YOUR HEALTH RISKS.

CHOW ORDERS

CHOOSE THE ONES YOU'RE SOLDIER ENOUGH TO TRY!

- **Hush up and eat your vegetables soldier!**

Try a new vegetable or a new way to fix a vegetable (corn and potatoes do not count) and report **INTEL**.

WORTH 1 MERIT, LIMIT 1 PER MISSION

- **Quit your whining and try it soldier!**

Try a new fruit or a new way to prepare fruit and report **INTEL**.

WORTH 1 MERIT, LIMIT 1 PER MISSION

- **Welcome to KP soldier!**

Try a new healthy recipe.

MISSION PREP REQUIRED SOLDIER!

- Go to the **WEEKLY RECIPE CHALLENGE RECIPES** on the City of Murray Intranet site, or search <http://www.eatingwell.com/> for your own healthy recipe.
- Pick and prepare one healthy recipe that you have never prepared before and report **INTEL**.

WORTH 2 MERITS, LIMIT 1 PER MISSION

- **Quit going against the grain soldier!**

Try a new grain or prepare a grain you have used before in a new way and report **INTEL**.

WORTH 1 MERIT, LIMIT 1 PER MISSION

- **Canteen check soldier!**

Avoid any sweetened beverages (*includes avoiding artificially sweetened beverages too*). Water is free!

WORTH 1 MERIT, 10 MERITS POTENTIAL FOR THIS MISSION

- **Eyes forward soldier!**

Pass up the vending machine and any unhealthy snacks such as sugary snacks and potato chips. Instead, bring your own healthy snack and report **INTEL**.

WORTH 1 MERIT, LIMIT 1 PER MISSION

- **Get away from that salt lick soldier!**

Read your labels and put away the salt shaker. Keep your sodium intake to less than 1500 mg per day and report **INTEL**.

WORTH 1 MERIT, LIMIT 1 PER MISSION

PT ORDERS

According to the American Heart Association, to improve overall cardiovascular health, adults should try to get at least 150 minutes per week of moderate exercise. Thirty minutes a day, five times a week, is an easy goal to remember. You will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day.

- **Back away from the screen soldier!**

Even if you've never been active before, start somewhere. Look for 10 - 15 minute windows in your day and get moving. Cut down on the screen time and work to get three 10's, two 15's, or a total of 30 minutes per day to earn your merits and report **INTEL** (*You will report this once at the end of the mission. Make sure to tell how many days you accomplished this task.*)

WORTH 1 MERIT PER DAY, 10 MERITS POTENTIAL FOR THIS MISSION

UNIT SUPPORT

Donate Blood:

Support the Blood Donor Center. All blood donated through the MCCH Blood Donor Center stays in our community!

Date: Wednesday, July 9

Where: Council Chambers

Time: 8:30 am - 4:00 pm

REPORT INTEL, WORTH 2 MERITS

- **THERE'S GOT TO BE A BETTER WAY!**

- Assess your unit soldiers. Are you celebrating someone's birthday every week or is someone always bringing "goodies" to feed your unit? If so, maybe it's time to come up with a new plan.
- Get your unit together and come up with healthier alternatives such as only celebrating birthdays every 6 months and putting away the snack food. What is your unit plan? Report **INTEL**.

WORTH 2 MERITS, LIMIT ONE PER MISSION

All involved have earned the merits.

SPECIAL ORDERS

- **SAVE YOUR SKIN SOLDIER!**

- Take a few minutes to stop by to see Jamie Smith, with the Kentucky Cancer Program, for a free DermaScan and info on skin cancer prevention. *Don't forget to sign in for credit.*

WORTH 1 MERIT, LIMIT ONE PER MISSION

RALLY POINT & TIME

- City Hall: HR Conference Room
Wednesday, July 2
9:00 am - 11:30 am