

31 DAYS OF JULY OFFENSIVE



MISSION 3: R & R JULY 18 - 24

THE MISSION FOR THIS WEEK IS TO TAKE TIME TO DE-STRESS. FATIGUE TAKES ITS TOLL ON THE BEST OF US. YOU'RE NO GOOD IN THIS BATTLE SOLDIER IF YOU DON'T TAKE TIME TO **REST AND RELAX!**

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

- **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, 7 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

- **There's something fishy here soldier!**

Get at least two servings of fish during this mission (it can't be battered and deep fried) and report **INTEL**.

WORTH 2 MERITS, LIMIT 1 PER MISSION

- **Get your head out of the garbage soldier!**

Stay away from fast food at least one day. Instead, 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

NEW
ORDERS!

- **Just go with the flow soldier!**

Drink at least 8 glasses of water per day (*no juice or artificial ingredients allowed but you may add fruit to flavor your water*) and report **INTEL** (*you will report your intel once at the end of this mission. Make sure to include how many days you accomplished this task*).

WORTH 1 MERIT, 7 MERITS POTENTIAL FOR THIS MISSION

- **Give me 5 soldier!**

Get at least 5 servings of fruits and vegetables per day (2 fruit and 3 vegetables) and report **INTEL**. (*You will report your intel once at the end of this mission. Make sure to include how many days you accomplished this task*).

WORTH 2 MERITS, 14 MERITS POTENTIAL FOR THIS MISSION

PT ORDERS

Keep Moving Soldier!

Keep looking for 10 minute or 15 minute windows in your day and get moving. Get 3 10's, 2 15's, or a total of 30 per day to earn your merits and report your **INTEL** (*You will report this once at the end of the mission. Make sure to tell how many days you accomplished this task*).

WORTH 2 MERITS PER DAY, 14 MERITS POTENTIAL FOR THIS MISSION

SPECIAL ORDERS

DE-STRESS, DE-BRIEF, AND RE-BOOT SOLDIER!

Stress is when you wake up screaming and realize you haven't fallen asleep yet." -Unknown

- Log on to <http://www.lifeserviceeap.com/>.
- Select website services login.
User Name: Murray
Password: employee
- Select Online Seminars, scroll to View Archived

Select one webinar from the following:

- Let's Sleep on It
- Relaxation Techniques at the Workplace
- Your Path to Inner Peace

WORTH 2 MERITS, LIMIT 1 PER MISSION

LIBERTY PASS:

PRESENT YOUR "DOG TAG" AT THE CHW FRONT DESK SIGN A WAIVER IF YOU HAVEN'T ALREADY AND ARE NOT A MEMBER.

FREE YOGA CLASSES AT THE CENTER FOR HEALTH AND WELLNESS:

- Friday, July 18
6:45 pm - 8:00 pm
- Monday, July 21
6:45 pm - 8:00 pm
- Tuesday, July 22
9:45 am - 10:45 am & 4:00 pm - 5:00 pm
- Wednesday, July 23
6:45 pm - 8:00 pm
- Thursday, July 24
9:45 am - 10:45 am & 4:00 pm - 5:00 pm

WORTH 2 MERITS, LIMIT ONE PER MISSION

MERIT
INCREASE!