

31 DAYS OF JULY OFFENSIVE



MISSION 4: MARCHING ORDERS JULY 25 - 31

THE MISSION FOR THIS WEEK IS TO GET MOVING TO ACCUMULATE 70,000 STEPS IN 7 DAYS.

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 back to KP 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

- **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!

Get moving and track your steps! Your goal is to get 10,000 steps per day. Report **INTEL** (*You will report this once at the end of the mission. Make sure to tell how many days you accomplished this task*).

NEW
ORDERS!

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

UNIT SUPPORT

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 bring it to share with your coworkers and report intel.

WORTH 2 MERITS, LIMIT 1 PER MISSION

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 1 PER MISSION *All involved may earn the merits*

LIBERTY PASS

FREE GROUP FITNESS CLASSES AT THE CENTER FOR HEALTH & WELLNESS

Present your "dog tag" at the CHW front desk - sign a waiver if you haven't already and are not a member.

GROUP FITNESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cardio Kickboxing 6:00 - 7:00 am	BodyPump 6:00 - 7:00 am	Cardio Kickboxing 6:00 - 7:00 am	BodyPump 6:00 - 7:00 am	Cardio Kickboxing 6:00 - 7:00 am
	Fit for Life 8:30 - 9:30 am	BodyPump 8:30 - 9:30 am	Fit for Life 8:30 - 9:30 am	BodyPump 8:30 - 9:30 am	Fit for Life 8:30 - 9:30 am
	Cardio Toning 9:45 - 10:45 am	Yoga Your Way 9:45 - 10:45 am	Cardio Toning 9:45 - 10:45 am	Yoga Your Way 9:45 - 10:45 am	Zumba Toning 9:45 - 10:45 am
	Gymnasium is open for member use when class is not in session.				
		Simply Yoga 4:00 - 4:50 pm		Simply Yoga 4:00 - 4:50 pm	
	Cardio Kickboxing 4:30 - 5:15 pm	Cardio Blast 5:00 - 5:50 pm	Cardio Kickboxing 4:30 - 5:15 pm	Cardio Blast 5:00 - 5:50 pm	
	BodyPump 5:30 - 6:30 pm	Zumba 6:00 - 7:00 pm	BodyPump 5:30 - 6:30 pm	Zumba 6:00 - 7:00 pm	BodyPump 5:30 - 6:30 pm
	Yoga with Cadelia 6:45 - 8:00 pm		Yoga with Joy 6:45 - 8:00 pm		Yoga Basics with Raylene 6:45 - 7:45 pm
AQUATICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:00 - 8:00 am Open Swim				
	Aqua Fit 8:00 - 9:00 am	Aqua Fit 8:00 - 9:00 am	Aqua Fit 8:00 - 9:00 am	Aqua Fit 8:00 - 9:00 am	Aqua Fit 8:00 - 9:00 am
	Aqua Fit 9:30 - 10:30 am	Aqua Fit 9:30 - 10:30 am	Aqua Fit 9:30 - 10:30 am	Aqua Fit 9:30 - 10:30 am	Aqua Fit 9:30 - 10:30 am
	Make a Splash 10:45 - 12:15 am 2 lanes for members	Make a Splash 10:45 - 12:15 am 2 lanes for members	Make a Splash 10:45 - 12:15 am 2 lanes for members	Make a Splash 10:45 - 12:15 am 2 lanes for members	Make a Splash 10:45 - 12:15 am 2 lanes for members
	Open Swim 12:15 pm -4:00 pm				Open Swim 12:15 - 6:00 pm
	Make a Splash 4:00- 5:30 pm 2 lanes for members	Make a Splash 4:00- 7:00 pm 2 lanes for members	Make a Splash 4:00- 5:30 pm 2 lanes for members	Make a Splash 4:00- 7:00 pm 2 lanes for members	
	Pure Energy 6:00 - 7:00 pm	Open Swim 7:00 - 9:00 pm	Pure Energy 6:00 - 7:00 pm	Open Swim 7:00 - 9:00 pm	Pure Energy 6:00 - 7:00 pm
	Open Swim 7:00 - 9:00 pm		Open Swim 7:00 - 9:00 pm		Open Swim 7:00 - 8:00 pm