Try Something New Challenge

It is important to try something new to keep your body and brain working optimally. Choose a day, week, month, or quarter, and try some of these suggestions. Keep track of what you tried and make a note of how you felt about it. While there is no financial prize, you may find that your mind and body benefit from trying something new.

NUTRITION

- Try a new vegetable
- Try cooking one of your favorite restaurant meals at home
- Try eating your breakfast at the table
- Try eating vegetarian for the day
- Try eating lunch outside
- Try tracking your salt intake

MOVEMENT

- Try getting up and walking around 1x/ hour
- Try going for a 15 min walk at lunch or in the evening
- Try walking an extra flight of stairs
- Try a new fitness class
- Try a walking or cycling meeting with your coworkers
- Try Some desk Stretches

SELF-CARE

- Try giving a stranger a compliment
- Try giving yourself a compliment when you wake-up
- Try putting screens (Phone, TV, Computer) away 1 hour before bedtime
- Try a guided meditation
- Try giving yourself 10 min each day to read a book, magazine or newspaper
- Try watching a Ted Talk on a topic that interests you

HYDRATION

- Try adding 1 glass of water to your day
- Try fruit infused water
- Try drinking hot lemon water at night
- Try replacing soft drinks with seltzer
- Try eating more water-based foods (fruit, lettuce, celery, cucumber, melons)
- Try tracking how much water you drink

OTHER

- Try putting $1 in a piggy bank every day
- Try checking your blood pressure (most worksites have a monitor available)
- Try driving a new route to work
- Try to avoid the news (on radio, TV, phone, social media, etc.)
- Try picking up litter in your neighborhood, at the beach, or wherever you are
Self-Reflection

What were your top 3 favorite things that you tried?

1. 
2. 
3. 

What were you surprised you enjoyed trying/doing?

Is there anything from this challenge that you want to keep doing and build into your routine?

1. 
2. 
3. 

Are you looking for accountability or guidance and support? We’re here to help!

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