

10 Steps to Better Health

1. **Move - Lift - Stretch:** Achieve 20-30 minutes of moderate physical activity 4-6 days per week.
2. **Eat & Drink Healthily:** Eat plenty of veggies, nuts, seeds, and lean protein. Minimize eating processed and refined foods and make sure to drink lots of water.
3. **Sleep:** Aim for 7-8 hours of sleep a night.
4. **Deep Breathing:** Practice diaphragmatic breathing to improve your immune system, optimize your hormones, and for overall better health.
5. **Under-eat at Every Meal:** Overeating is the #2 culprit to poor health, second to smoking.
6. **Meditate:** Take a few minutes each day to close your eyes and deep breath. During this time focus on your goals, dreams, desired outcomes, and your faith.
7. **Laugh:** Laughing is the best remedy because it reduces stress, improves your immune system, and slows the aging process.
8. **Be Thankful:** Be thankful for your family, friends, life, good health, hopes, and dreams.
9. **Practice Forgiveness:** Harboring ill will, bitterness, and anger fosters an unforgiving spirit which is "emotionally toxic" and detrimental to your health.
10. **Harness Your Mind:** What you believe and how you think is the #1 determinant for your health.

Thank you to our sponsors for making the Mayor's Fitness Challenge for 2015 possible.



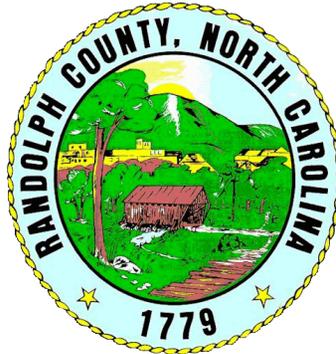
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Randolph County Partnership for Children



For more information about Healthy Communities A3, please log on to www.healthycommunitiesA3.com



MAYOR'S Fitness Challenge 2015

"Kids - The Fitness of Our Future"



**Tuesday, September 29th -
Tuesday, December 1st**

Healthy Communities A3 is a 501(c)(3) non-profit based in Asheboro, NC.

WHAT IS THE MAYOR'S FITNESS CHALLENGE?

The Healthy Communities A3 Mayor's Fitness Challenge is a wellness competition between individuals and teams from area schools, businesses, churches, civic clubs, government agencies, and other organizations participating in activities that can be tracked using a fitness conversion tool found on the Healthy Communities A3 website.

The Mayor's Fitness Challenge is an "all activity" challenge. Almost any activity, from walking to gardening, can be converted into steps. Everyone is encouraged to join in this free wellness challenge and become more alive, active, and able!

In addition, the Mayor Fitness Challenge Cup will be awarded to the elementary school logging the most steps.



KEY DATES:

Please mark your calendar for these important dates pertaining to the 2015 Mayor's Fitness Challenge:

Tuesday, September 29th -

The kick-off presentation will take place at Sunset Theatre, located at 234 Sunset Avenue in downtown Asheboro. The event will begin at 6 p.m. Come to learn more about the 2015 Mayor's Fitness Challenge and have all your questions answered.

Monday, October 5th -

Begin logging your activities! This is the first official day of the 2015 Mayor's Fitness Challenge.

Sunday, November 15th -

Be sure to get those last few steps in by this date. This will be the final day for logging steps as part of the challenge.

Tuesday, December 1st -

Plan to join us at the Sunset Theatre at 6 p.m. for the closing awards ceremony to the 2015 Mayor's Fitness Challenge.

Recognition and prizes will be awarded to the top male and female individuals logging the most steps on the conversion tool and also to teams with the highest number of steps recorded.

HEALTHY COMMUNITIES

Mission Statement

Healthy Communities A3 is a grassroots effort, encouraging the community to embrace and value a healthy and holistic lifestyle through education, support, and advocacy.

Vision Statement

Randolph County is a community that supports and empowers its citizens to reach optimal health and to achieve their personal wellness goals.

Healthy Communities A3 is a group of citizens of the Randolph County area who are committed to creating and promoting healthy living and wellness.

Alive: Fresh food and healthy spirit support a whole and happy life. Dine on plants, drink water, stay hydrated, and feed your soul.

Active: An active and unified community supports a better way of life. Move more, get involved, volunteer, and embrace learning.

Able: Make a positive impact. Find purpose, love your family and community, slow down, and learn to relax.

