



## The Healthy Eating Challenge.

**Encourage your co-workers to give their body some love!** Here are the benefits of Healthy Eating:

- While eating three meals a day can vary for each person, generally it can keep you full longer, prevent overeating, and reduce hunger and cravings.
- Eating three meals a day can help you to regulate how much you eat while avoiding calorie counting.
- Hunger is good for the body! It can tell you what you need in order to keep your body fueled for the day.
- Be sure to include foods with protein and good fats in your meals so the wait between meals isn't as difficult.
- Fruits provide a dose of fiber, potassium, calcium, and antioxidants! They can also reduce risk of heart disease, stroke, and type-2 diabetes.

The Healthy Eating Challenge encourages staff to **eat 3 meals a day for the next 5 days.**

- Bring a healthy lunch to work with you for 5 days, including fresh fruit.
- Drink water in between meals and eat slowly during the meals to increase your ability to keep your desired weight.
- Log your progress with the following tracker and join us at the end of the week to have lunch altogether to celebrate healthy eating habits.

Click below for the email templates:

- [Interest email](#)