

Way to go!

Give yourself a pat on the back for taking the first step to living a more healthy, active — and fun lifestyle.

The **Vikings Fitness Playbook Challenge** is easy to follow and everyone in your family can benefit.

It's a simple challenge that only requires two small adjustments to your daily routine.



Here's how it works:

1. Eat a healthy breakfast each day — it's the most important meal of the day!
2. Walk an extra 2,000 steps daily — about one mile or 20 minutes.

So, let's get the game started!

The Game Plan

The **Vikings Fitness Playbook Challenge** is all about eating healthier and becoming more active — and, most important, doing it together as a family. Work on your **DEFENSIVE** (healthy eating) and **OFFENSIVE** (physical activity) plays:

Remember to eat a healthy balanced diet that includes **power food** like fruits, vegetables and whole grains. Start your day strong with an energy packed breakfast of yogurt topped with low-fat granola and fresh fruit.



Walking is an excellent form of physical activity that requires no special skills, equipment or training. It improves the health of your heart and lungs, increases flexibility and lower body strength, helps maintain healthy bones/joint mobility — and burns calories. **Plus, it is an activity the whole family can do together as a team!**

"I love riding my bike in the summer to stay active and healthy!"

— John Sullivan

Defensive Plays (healthy eating) - Eat Like a Viking

Fuel Your game:

1. Power your plays. Start your day with a healthy breakfast.
2. Punt the junk. Limit high fat, high sugar foods.
3. Tackle your thirst. Choose water instead of juice or soda.
4. Pass the fruits and vegetables.
Fill 1/2 of your plate with power foods.
5. Don't get sidelined. Eat healthy snacks.

"Carrots are my favorite vegetable. I eat them at almost every meal!"

— Adrian Peterson



Offensive Plays (physical activity) - Play Like a Champion

1. Take More Steps

Use your Step Counter by attaching it to your belt and then holding down the 'reset' key until the display reads '00000'.

Aim for 8,000 steps per day!

Keep track of your progress!



#1 Jumping Jacks

2. Commercial Break Challenge

If the weather keeps you in, see how many of the following activities you can do during the commercial breaks of your favorite shows.

Keep track of your progress!



#2 Push-Ups



#3 Sit-Ups

Your Progress, Marking Your Goal Posts

Now, starting with your daily step average, add an extra 286 steps each day — about a block and a half — and by the end of the week you will have reached your goal of increasing your step count by 2,000.

Chart A	Day 1	Day 2	Day 3	Day 4	Day 5	Total	Ave/Day
EXAMPLE	2,300	2,540	2,445	2,658	2,981	12,924	3,181
PROGRESS							



OFFENSIVE and DEFENSIVE plays for a healthier you!

Ready, Set, Get Playing

Congratulations! You've already come a long way by eating healthier and adding more steps to your day. Now, you're ready to tackle the **Vikings Fitness Playbook Challenge** — use the following charts to track your progress every day.

Adding more STEPS to your day

Be creative and have fun coming up with different ways to add steps to your day. Here are a few tips to get you started:

- ★ Walk to the store, office or friend's house
- ★ Take two laps around the mall before shopping
- ★ Use the stairs rather than an elevator/escalator
- ★ Take a family walk through the neighborhood or local park
- ★ Walk around the house while talking on the phone
- ★ Park in a space farthest from the store entrance
- ★ Walk 3,000 steps — 10 steps for every mile between Minneapolis and Green Bay



UNIVERSITY OF MINNESOTA
Amplatz Children's Hospital

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								

Name _____

Your Daily Step Goal: _____

Your Weekly Step Goal: _____

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								

Name _____

Your Daily Step Goal: _____

Your Weekly Step Goal: _____