



5210 - Let's Go!

February 2024

Benton, Lincoln & Linn County, OR

5210 CHALLENGE

Start the journey towards a healthier you in the New Year! Join our 5210 health and wellness challenge and kickstart positive habits that will elevate your physical and mental well-being. Commit to just one month of mindful choices to make 2024 your healthiest year yet!

SIGN UP NOW!

Visit the URL or scan the QR code to sign up

cccwn.org/5210-register

Goals to strive for:

- 5** **Five** servings of fruits and veggies daily
- 2** **Two** hours or less of leisure screen time
- 1** **One** hour of physical activity daily
- 0** **Zero** sugar sweetened beverages... and more water!

