



5210 - Let's Go!

February 2024

Benton, Lincoln & Linn County, OR

5210 CHALLENGE

FOR BUSINESSES

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!

- Create a team with colleagues
- Earn points for your team
- Keep one another accountable
- Win prizes!

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!

SIGN UP NOW!

Visit the URL or scan the QR code to sign up



cccwn.org/5210-register

