



# 5210 - Let's Go! February 2024

Benton, Lincoln & Linn County, OR

## 5210 CHALLENGE

FOR GROCERY STORES

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 or participate on your own
- Earn points for you or your team
- Participate in your community for the chance to 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](https://cccwn.org/5210-register)

