



5210 - Let's Go!

February 2024

Benton, Lincoln & Linn County, OR

Join SamFit in the 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!

Did we also mention that there are prizes?!

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!

Create a team with some friends or co-workers and start the challenge on



February 1st. You can also participate as an individual.



Samaritan
Health Services

