

































## Ridgefield Park Public Library presents the Healthy Living Challenge 2019

April	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weigh in at the library or at home. Keep track of your weight loss each week. At the conclusion, tell us how much weight you have lost.		1	2	3	4	5	6 Wellness Challenge Kickoff Registration begins at 11:00 a.m. - 3:00p.m.
7	Take a walk around the block today	8 Try a healthy recipe today that includes lean meats, poultry, fish, and/or beans.	9 Pick an exercise and do it for ten minutes	10 Take a walk around the block today	11 Limit snacks or deserts to a fruit or vegetable today.	12  WEIGH-IN-FRIDAY	13  Steps for Health 10:00 a.m. Meet at Overpeck Park
14	Take a walk around the block today	15  7 - 8 p.m.	16 Put Life Back in Your Life: 5:45 - 8:00 p.m.	17  Full Body Workout: 7:30 - 8:30 p.m.	18  Yoga with Jamie: 7:00 - 8:00	19  WEIGH-IN-FRIDAY	20  Steps for Health 10:00 a.m. Meet at Overpeck Park
21	Take a walk around the block today	22  7 - 8 p.m.	23 Put Life Back in Your Life: 5:45 - 8:00 p.m.	24 Try a healthy recipe today that includes lean meats, poultry, fish, and/or beans.	25  Yoga with Jamie: 7:00 - 8:00	26  WEIGH-IN-FRIDAY	27  Steps for Health 10:00 a.m. Meet at Overpeck Park
28	Take a walk around the block today	29  7 - 8 p.m.	30 Put Life Back in Your Life: 5:45 - 8:00 p.m.  Maureen's Mindful Meditation 7pm	This is a free 12-week challenge designed to help the village community create and maintain a healthy lifestyle. Each class or program you take earns you a raffle ticket for prizes. As a bonus, for those who complete the 12-week program will be given another raffle ticket for some awesome prizes to be announced on Friday, June 21.			

May	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				 Full Body Workout: 7:30 - 8:30 p.m.	 Yoga with Jamie: 7:00 - 8:00	 WEIGH-IN-FRIDAY	 Steps for Health 10:00 a.m. Meet at Overpeck Park
	5 Take a walk around the block today	 7 - 8 p.m.	7 Put Life Back in Your Life: 5:45 - 8:00 p.m.  Maureen's Mindful Meditation: 7pm	8 Try a healthy recipe today that includes lean meats, poultry, fish, and/or beans.	9  Yoga with Jamie: 7:00 - 8:00	10  WEIGH-IN-FRIDAY	13  Steps for Health 10:00 a.m. Meet at Overpeck Park
	12 Take a walk around the block today	13 Health Benefits of Mediation 7PM	14 Put Life Back in Your Life: 5:45 - 8:00 p.m.  Zumba: 7:30- 8:30 pm	15  Full Body Workout: 7:30 - 8:30 p.m.	16  Yoga with Jamie: 7:00 - 8:00	17  WEIGH-IN-FRIDAY	13  Steps for Health 10:00 a.m. Meet at Overpeck Park
	19 Take a walk around the block today	20 Try a healthy recipe today that includes lean meats, poultry, fish, and/or beans.	21 Maureen's Mindful Meditation: 7pm	22 Take a walk around the block today	23  Yoga with Jamie: 7:00 - 8:00	24  WEIGH-IN-FRIDAY	13  Steps for Health 10:00 a.m. Meet at Overpeck Park
	26 Take a walk around the block today	27 Limit snacks or deserts to a fruit or vegetable today.	28 Put Life Back in Your Life: 5:45 - 8:00 p.m.	29  Full Body Workout: 7:30 - 8:30 p.m.	30 Try a healthy recipe today that includes lean meats, poultry, fish, and/or beans.	31  WEIGH-IN-FRIDAY	

June	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							 <p>Steps for Health 10:00 a.m. Meet at Overpeck Park</p>
	<p>Take a walk around the block today</p>	<p>Try a healthy receipe today that includes lean meats, poultry, fish, and/or beans.</p>	<p>Limit snacks or deserts to a fruit or vegetable today.</p>	<p>Pick an exercise and do it for ten minutes</p>	<p>Take a walk around the block today</p>		 <p>Steps for Health 10:00 a.m. Meet at Overpeck Park</p>
	<p>Take a walk around the block today</p>	<p>Limit snacks or deserts to a fruit or vegetable today.</p>	<p>Take a walk around the block today</p>	<p>Try a healthy receipe today that includes lean meats, poultry, fish, and/or beans.</p>	 <p>Eating for Heart Health 2p.m.</p>		 <p>Steps for Health 10:00 a.m. Meet at Overpeck Park</p>
		<p>Those who completed the Weight Loss Challenge are to pick up a raffle ticket on Friday, June 14 for drawings that will take place on on Friday, June 21. Winners will be called or emailed.</p>				 <p>Winners will be announced</p>	