



Challenge of the Month

DECEMBER

3

The Clearinghouse for Military Family Readiness and 5210 Healthy Children invites you to participate in the 5210 Challenge of the Month! The Challenge of the Month can be done by all ages and it's recommended to complete with a group of friends or family.

When completing the challenge, take pictures to later post on social media such as Facebook or Twitter. Finish your post with #5210HC. This will allow the Clearinghouse team to review and highlight those participating in the health messaging campaign!

So get out there and participate in the Challenge of the Month! Good luck!

Happy Healthy Holidays!

PARTICIPATE IN THE 5210 CHALLENGE OF THE MONTH

This month, show off everything you have learned from #5210HC. Your challenge is to plan a holiday meal or activity using everything you have learned from your 5210 HC monthly challenges. Take pictures, post to social media, and tag #5210HC!

Plan a Holiday Meal or Activity

Plan it!

Colorful fruits and vegetables, festive outdoor activities, and holiday themed events – 'tis the season! When planning, don't forget to include 5 fruits and vegetables, 1 hour of physical activity, limited screen time, and 0 sweetened beverages! Enjoy the time with family and friends, take pictures, and send us your favorite moments of the year using hashtag #5210HC.

Make Celebrations Fun, Healthy, and Active

Use this 10 tip guide sheet from [choosemyplate.gov](http://www.choosemyplate.gov) to help plan your challenge.

<http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet20MakeCelebrations.pdf>

