



Challenge of the Month

NOVEMBER

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!

American Diabetes Month

PARTICIPATE IN THE 5210 CHALLENGE OF THE MONTH

Your challenge this month is to organize a walk or fun run with your family and friends this holiday. Work together to create a safe route and take pictures along the way! At the end of your event, post your experience and pictures to social media tagging #5210HC!



Planning a Walk or Fun Run

Step Out Walk to Stop Diabetes

The American Diabetes Association sponsors Step Out, a walk dedicated to fundraising to stop Diabetes. Visit stepout.diabetes.org to start a team, register for a race, or donate. Walks are held all over. Can't find an event near you? You can also sign up as a Virtual Walker!

Plan your Fun Run

Families and Friends can plan their own fun run. Map out your run before you head out keeping an idea of how long you want to run, stops to hydrate with water, and places to take pictures! Post your pictures after your event and tag #5210HC!