



GUIDELINES

Welcome to the Fuel Your Fitness Challenge!

To complete this challenge, you need to accumulate at least 10 points from the menu below.

This month, the challenge is to take a look at how you are fueling your body for peak performance and health. The goal of the challenge is to improve the way you are fueling your fitness and to create some lasting habits that will have you eating and feeling your best!

Each item is worth one point every time you do it! You can mix-and-match how you get your points by completing one task 10 times or incorporate a variety of tasks 10 times. How you choose to fuel your fitness is up to you! Are you ready to fuel your body for maximum fitness? Take the challenge!

We have gathered a list of web articles to help you!

The articles are from our friends at SparkPeople and are meant to help you get the most out of this challenge. Use them as a resource to help you earn your points and experience new ways to fuel your fitness!

There are two ways to access this list of articles:

1. The 12 Monthly Challenges page at **2017in2017.com**
2. An identical page on our website: **<http://info.runtheedge.com/sept-fuel-your-fitness>**

Count your
points here!



Here are some of our ideas on how to fuel your fitness. Try them out or create your own ideas!

Swap an unhealthy snack for fruits and veggies

We all have those unhealthy go-to snacks. This month, try a healthier alternative!

**Follow serving sizes as suggested on packages**

Pay attention to serving sizes to control your daily food intake. One "package" does not always equal one SERVING.

**Try a new recipe**

Maybe it's a suggestion from a friend or a recipe you found online, either way, keep it healthy!

**Share your favorite healthy recipe to our blog**

If you've found a great recipe or you already know of a yummy, healthy meal, share it on our blog to help others taking the challenge!

**Try some new pre- and post-exercise snacks**

Figure out the best way for you to feel good before, during, and after your workout.

**Keep track of your water intake during the day**

Hydration is key to fueling your fitness and monitoring your intake will help you notice when you start to dry up!

**Learn to read food labels and use those skills at the grocery store**

Food labels are confusing! Learn what means what to make the best and most informed decisions about what you eat.