



Mission Nutrition Challenge 10/17- 11/14

Are you looking for extra motivation to eat more fruits and vegetables? Join our “**Mission Nutrition**” challenge from October 17th through November 14th. Your goal during the challenge is to eat at least two servings of fruit and two servings of vegetables at least four days a week and log your portions on the LifeWorks Wellness site. The challenge counts the number of days you eat and log at least the two servings each of fruit and vegetables.

Sign up starting October 3rd on the LifeWorks Wellness site. Then start logging your fruits and vegetables on Monday, October 17th when the challenge begins. (Sign-up ends October 23rd). To get started:

- Go to www.lifeworks.com and log in with your personal account. If you don't have a personal account, log in as:
 - o username: university
 - o password: dayton
- Click on Wellness Tools under Quick Links on the right side of the home page. If you don't have a personal account, you'll be prompted to register for one. When you've opened the LifeWorks Wellness site, sign up for the challenge.
- You'll find the “Daily Fruit & Veggie Tracker” in the center of the Wellness site home page. Just click on the plus (+) sign to add servings of fruits and vegetables to your log. You can also use the food log under “Nutrition” in the top navigation bar.