

# 1·5·7 Wellness Objective of the Day (WOD) Challenge



**Health Promotion Coordinator Instructions:** Familiarize yourself with the challenge materials below. Review the links and the activity card. Spend the first few days of the month promoting the challenge through signs, emails, and activities so the command can complete some of the challenges together, such as a fruit smoothie breakfast potluck. Register participants, provide positive emails twice a week, and announce those who complete the 21-day challenge at the end of the month.

**Join your fellow Sailors, Marines, family members, and DoD civilians in the 1-5-7 WOD Challenge!** This 21-day challenge is designed to help you achieve optimal health and readiness by creating daily health habits of three activities: flossing, eating the recommended number of servings from the five food groups (fruits, vegetables, grains, low-fat or non-fat dairy, and protein) and limiting high fat foods, and sleeping at least seven hours. With little to no extra time or cost, these three activities can provide health benefits and potentially prevent illness.

To begin the WOD Challenge, review the following 1-5-7 information and supplemental materials. These materials include health information, tips, and tricks to help you achieve each of the 1-5-7 challenge goals. Next, use the Activity Card on the following page to challenge yourself and your peers to accomplish each of the healthy activities. At the end of each day, check off whether you: 1-Flossed, 5-Ate from the five food groups and limited high fat foods, 7-Slept at least seven hours each sleep period.

## Flossing:



Flossing is a simple and important aspect of oral hygiene. Regular flossing clears away plaque (a form of bacteria) between teeth and can decrease your risk for gum disease and cavities. And yet, the [Fleet and Marine Corps Health Risk Assessment](#) from 2015 found that more than 40% of Sailor and Marine respondents do not floss regularly.

Resources: [ADA Gum Disease](#); [ADA Flossing Steps](#); [NMCPHC Flossing 101](#)

## Nutrition:



Eating the recommended number of servings from the five food groups (fruits, vegetables, grains, dairy, and protein) and limiting high fat foods helps ensure your diet includes the nutrients you need to maintain health and perform at your peak. Healthy eating is one of the most effective ways to improve your health! Eating a well-rounded diet that is low in unhealthy, high fat, processed, and prepared foods can help you look good, feel good, and lower the risk of some health problems such as heart disease, diabetes, stroke, and some types of cancer. Increasing your fruit and vegetable intake is especially important as they are rich in antioxidants that provide the nutrients your body needs to be healthy.

Resources: [Choose MyPlate Start with Small Changes](#); [Choose MyPlate 10 Tips to Help You Eat More Fruits](#); [Choose MyPlate 10 Tips to Help You Eat More Vegetables](#); [CDC Adult Obesity Facts](#); [NMCPHC Eat the Rainbow](#); [NMCPHC Size Up Your Servings](#); [NMCPHC Importance of Fruits & Vegetables](#)



## Sleep:



Sleep is a vital function of our lives, but all too often, we don't get the sleep we need to stay at our peak. Lack of sleep can create cognitive dysfunction, motor skill interruption, and increase risk for illness. Some of us stay up too late playing video games or responding to work emails, others suffer from insomnia. But no matter the reason, there are things you can do that are proven to help you increase the duration and quality of your sleep.

Resources: [HHS/NIH Your Guide to Healthy Sleep](#); [NMCPHC Sleep Resource page](#)



