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: <u>ADA Gum Disease</u>; <u>ADA Flossing Steps</u>; <u>NMCPHC</u> 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



For more resources and information, please visit the NMCPHC HPW Preventive Health Toolbox.

The 1-5-7 WOD Challenge - Activity Card

DAY 4

1 Challenge: Add floss to 5 Challenge: Swap out

DAY 5

DAY 3

7 Challenge: Turn off

DAY 2

WEEKLY

OBJECTIVE

Week 1 WOD

DAY 1

1 Challenge: Floss before 5 Challenge: Prep for



DAY 7

1 Challenge: Floss before

DAY 6

7 Challenge: Avoid

Goal: Do at least one challenge each day	bed	the week – buy fresh or frozen vegetables and add them to your meals today and throughout the week	electronics 30 minutes earlier than usual before bed	your work bag and floss after lunch today	refined carbs for complex (e.g., Swap your regular lunch bread for high-fiber, whole grain bread)	caffeine and nicotine after 3 p.m.	bed
CHALLENGE MET	1	5	7	1	5	7	1
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Week 2 WOD Goal: Do at least two challenges each day	5 Challenge: Prep healthy snacks for the week: hard boiled eggs, snack bags of healthy nuts, cut up fresh fruits and vegetables, etc. 7 Challenge: If you are lying in bed and cannot sleep within 15 to 30 minutes, get up. Spending too much time awake in bed makes your body think your bed isn't for sleeping.	1 Challenge: Make sure floss is still in your work bag, and floss today 5 Challenge: Instead of a high fat breakfast sandwich, bar, or pastry, try oatmeal with fresh fruit	7 Challenge: Go to bed and wake up at about the same time as you did yesterday 1 Challenge: Floss after lunch or before bed	5 Challenge: Sub cream in your coffee for a higher calcium and lower or non-fat option like milk or calcium-fortified soy milk 7 Challenge: Try one of the progressive relaxation techniques in the Relax Relax Toolkit to wind down before bed	1 Challenge: Floss after lunch today 5 Challenge: Swap your normal snack for a handful of lean protein like low-fat string cheese, almonds, or other healthy nuts	7 Challenge: Avoid caffeine and nicotine after 3 p.m. 1 Challenge: Floss before bed	5 Challenge: Add one serving of fruits or vegetables to you normal breakfast, lunch, and dinner 7 Challenge: Avoid caffeine and nicotine after 3 p.m.
CHALLENGE MET	5 7	1 5	1 7	5 7	1 5	1 7	5 7
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Week 3 WOD Goal: Do three challenges each day	1 Challenge: Floss after lunch or before bed 5 Challenge: Prep for the week – cut up some fresh fruit. Add it to your breakfast or eat it in place of other snacks throughout this week 7 Challenge: Turn off electronics 30 minutes before bed	1 Challenge: Floss after lunch or before bed 5 Challenge: Try swapping mushrooms or black beans for ground beef in your favorite recipe 7 Challenge: Force yourself to stay up late and go to bed sleepy instead of going to bed early when you're tired during the day."	1 Challenge: Floss after lunch or before bed 5 Challenge: Add two servings of fruits or vegetables to your normal breakfast, lunch, and dinner 7 Challenge: If you're in bed and cannot sleep within 15 to 30 minutes, get up. Spending too much time awake in bed makes your body think your bed isn't for sleeping.	1 Challenge: Floss after lunch or before bed 5 Challenge: Sub cream in your coffee for a higher calcium and lower or non-fat option like milk or calcium-fortified soy milk 7 Challenge: Try one of the progressive relaxation techniques in the Relax Relax Toolkit to wind down before bed	1 Challenge: Floss after lunch or before bed 5 Challenge: Try making a fresh fruit smoothie with a banana and low-fat Greek yogurt for breakfast 7 Challenge: Go to bed and wake up at about the same time as you did yesterday	a bowl of fresh fruit with	1 Challenge: Floss after lunch or before bed 5 Challenge: Grill lean protein, such as fish (tip: buy what's on sale, and simply grill with salt, pepper, and olive oil) 7 Challenge: If you are having racing thoughts at bedtime, write them down to get them out of mind
CHALLENGE MET	1 5 7	1 5 7	1 5 7	1 5 7	1 5 7	1 5 7	1 5 7