



HEALTH+ CHALLENGE

NVFC Chair Kevin D. Quinn has issued a **health challenge** to the Board of Directors.

Let's lead by example and be proactive about our health and fitness!

THE CHALLENGE

Board to lose a collective **1,000 lbs.** by the **Spring Meeting**



INCREASE EXERCISE



EAT HEALTHY

THE MEASUREMENTS

Board members will be asked to:

- Provide your anonymous weight loss amount at the Spring Meeting
- Provide a written testimonial about your experience that may inspire others to improve their health

Note:

Consult your physician before beginning any weight loss/exercise program.

This is an optional challenge and participation is voluntary.



THE RESOURCES

- **Heart-Healthy Firefighter Program:** www.healthy-firefighter.org
 - Functional fitness videos
 - Recipe archive
 - Cookbook
- **MyPlate:** www.choosemyplate.gov
- Track your weight using:
 - **MyFitnessPal:** www.myfitnesspal.com
 - **Spark People:** www.sparkpeople.com



TIMEFRAME:

OCTOBER 1, 2016 - APRIL 1, 2017