

PACE CHALLENGE

Physical Activity and Conscious Eating

South Texas Veterans Healthcare System

South Texas Steppers

Rene' Jacob (210) 616-8372 or

Michele Clements-Thompson (210) 616-8370

Ready to jump start your fitness and healthy eating goals?

Interested in a friendly competition against Veterans nationwide for the PACE Trophy?

Join a team of 30 Veterans at your facility for the 8-week PACE Challenge!

Physical Activity: Be active 30 minutes a day, at least 5 days a week.

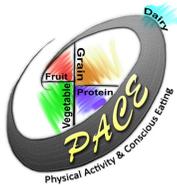
Healthy Eating: Choose one of 8 healthy eating goals each week.

Tracking: Free personal activity log from the President's Challenge Program.

When: March 21st—May 31st

WEBSITE: <https://www.presidentschallenge.org>*

Who: Veterans eligible for the MOVE!® Program who want to improve their fitness and eating habits to live happier, healthier lives.



www.presidentschallenge.org

Veterans Health Education Committee
Approved: January 2016



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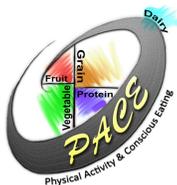
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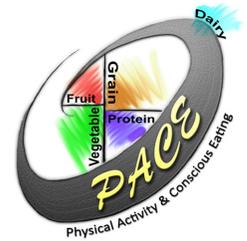
Week 1	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating —Select a goal for this week.        			

Healthy Eating Goals

-  I made half my plate fruits and vegetables.
-  I drank water instead of sugary drinks.
-  I ate seafood.
-  At least half of the grains that I ate were whole grains.
-  I chose lean sources of protein.
-  I ate smaller portions.
-  I chose fat-free or low-fat (1%) milk, yogurt, or cheese.
-  I compared sodium in foods like soup and frozen meals and chose foods with less sodium.

Physical Activity Goal

30 minutes x 5 days
or
8,500 steps a day



Guiding Veterans to embrace a healthy lifestyle by choosing to be physically active and eating wisely.

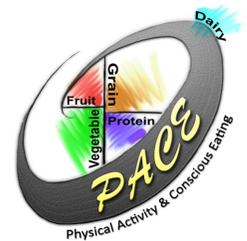
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