



# Match the Mayor 10

## Coming Soon!

### Feel Like a Million

- Retro game show theme
- Earn virtual dollars

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### Gain Energy, Reduce Stress

- Challenge focuses on healthy habits that boost your energy

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### When?

- Registration opens Sept. 18
- 4-weeks: Challenge kicks off Oct. 2

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### Who?

- All teammates, family and friends can participate as an individual or on a team of 5-10.



<b>Moving Matters</b>
30+ Minutes of Exercise
Morning Exercise Bonus
2-Minute Time Out
<b>Food to Fuel</b>
Breakfast
Vegetables
Whole Grains
Fruit
Water
<b>Better Balance</b>
Structured Planning
Meaningful Connections
Active Relaxation
<b>On Purpose</b>
Meditation, Introspection, Prayer
Keeping a Journal
Personal Mission Statement
<b>Potpourri</b>
Getting 7-9 Hours of Sleep
Expressing Gratitude
Volunteering

**Register @**

[MatchtheMayor.ifeellikeamillion.com](http://MatchtheMayor.ifeellikeamillion.com)