



9-2-1-0

A 10-Day Self-Directed Wellness Challenge February 13 to 22, 2023

Welcome to "9-2-1-0!" This 10-day activity is a program for you, your co-workers and your family. This program challenges you to make changes in three key areas of your life: diet, exercise and connection to yourself and to others. Making changes in one health area often makes it easier to make changes in another. Though you can certainly participate alone, we encourage you to participate with your co-workers or your family as you will reap more benefits and have more fun!

The DAILY challenges include:

- Eat 9 servings of fruits and vegetables
- Choose 2 ways to connect to yourself or others
- Engage in 1 hour of activity
- Drink 0 servings of sugar added beverages per day

Are you up to the "9-2-1-0" challenge!?

No registration is necessary. Return Log forms to Mary Harrington by March 7, 2023.
Only MIIA/Blue Cross subscribers eligible for prizes.

WHY PARTICIPATE IN "9-2-1-0"?



Eat 9 servings of fruits and vegetables a day

- Only 1 in 10 adults meets this fruit and vegetable recommendation putting them at risk for chronic diseases such as diabetes and heart disease. Fruits and vegetables contain essential vitamins, minerals, water and fiber.
- A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar. Eating non-starchy fruit and vegetables like berries, pears, summer squash, and green leafy vegetables may even promote weight loss by preventing blood sugar spikes and keeping appetite in check.
- Check out the attached handout on how to get more fruits and veggies into your day.
- See description of serving sizes.

Complete 2 tasks each day to connect to yourself and/or to others. In response to the pandemic many of us experience increased anxiety and fear. Public health actions, such as social distancing, can make us feel lonelier and more isolated. This is a sign to add more support in our lives.

- Studies find 53% of adults in the United States reported the coronavirus pandemic has impacted their mental health negatively.
- Loneliness can be linked to depression, sleep disturbances, impaired immunity and decision making, poor cardiovascular health, and an increased risk of dementia or stroke.
- Social connection is just as important as your physical health.
- Those who are connected and engaged in activities experience a variety of health benefits. The benefits can include: stronger immune system, feeling happier, increased self-care, lower levels of stress, and improved memory and cognitive skills. All of these benefits can help you to live a longer life!

Serving size information:

1 serving of fruit = 1 medium size piece of fruit, ½ cup of mixed fruit, ½ banana or 1 cup of berries. For example, if you have berries with your breakfast, an apple for a snack, and ½ banana in a smoothie, this equals 3 servings of fruit.

1 serving of vegetable = 1 cup of leafy greens, 1 cup of raw vegetables, and ½ cup of cooked vegetable. For example, if you have a salad with 3 cups of lettuce with tomatoes, cucumber, and onion for lunch, carrot and celery sticks for a snack, and 2 cups of cooked broccoli with dinner, this equals 9 servings of vegetables.

Easier than your thought, right?!

WHY PARTICIPATE IN "9-2-1-0"?



Activities to connect to others

- Call a friend or colleague on the phone to talk
- Write a letter to a loved one
- Meet a friend to go for a walk or coffee
- Play a board game with your household
- Share a recent photo of what you are grateful for with a friend
- Complete one of MIIA's fitness videos with a colleague and have a phone call about it after
- Donate canned goods to a local food bank
- Volunteer
- Make a healthy dinner with a friend over Zoom
- Set aside at least 5 minutes to play with your pet
- Start a book club with friends/colleagues

Activities to connect to yourself

- Journal
 - Write yourself a congratulations letter on how well you are doing
 - Be your own best friend; write yourself as a letter of support as you would a loved one
- Try meditation
- Pamper yourself:
 - Take a bath
 - Make or do a facemask
 - Paint your nails
 - Practice self-compassion
- Get creative
 - Draw, paint, write a short story, create a meal with different ingredients, etc.
- Do something you love
 - Take at least 5 minutes to do something you love to treat yourself. Activities include watching a movie, reading, going on a walk/hike, listening or dancing to music, drawing, cooking a nice meal, listen to an audiobook, etc.
- Commit to getting at least 7 hours of sleep

Engage in 1 hour of activity per day (this includes any form of outdoor physical activity such as shoveling, sledding, skiing, skating, walking, snowshoeing, etc. and indoor physical activity such as stationary biking, treadmill, dancing, weights, yoga, pilates, tai chi, etc.)

Tips for Eating More Vegetables

Breakfast

- ✓ Add some chopped onion, zucchini, peppers, or tomatoes to scrambled eggs or omelet. Serve with whole grain toast and some fruit.

Lunch/Dinner

- ✓ Make a meal out of a hearty salad by topping it with canned beans, sliced avocado, nuts, chicken, turkey, and/or hardboiled egg.
- ✓ Make a quick meal by spreading a sandwich wrap, with hummus and filling it with your favorite chopped vegetables. Add turkey, chicken, or avocado if you wish.
- ✓ Sauté your favorite vegetables in garlic and olive oil. Place on some hearty bread and top with low-fat or soy cheese. Place in oven at 350°F for 5 minutes to melt cheese. Makes a delicious sandwich.
- ✓ Sauté frozen or fresh vegetables in garlic and olive oil as a side dish for any meal. Use frozen veggies when you need to save time.

Snacks

- ✓ Cut up bell peppers, cucumbers, broccoli, cauliflower, carrots, etc. and dip in hummus or another low-fat dip.
- ✓ Sliced tomato and avocado sprinkled with a bit of salt makes a delicious snack.
- ✓ Snack on soy nuts or boiled edamame.

WHY PARTICIPATE IN "9-2-1-0"?



- Currently, half of American adults—117 million people—have one or more preventable chronic diseases that can be improved with regular physical activity. Yet, nearly 80 percent of adults are not meeting the recommendations for both aerobic and muscle-strengthening activity.
- The advances in technology and labor-saving devices have made us a sedentary nation. Childhood obesity is at an all-time high. Children spend too much time on their digital devices and not enough time playing and being active outside. Families that move together, groove together!

Drink 0 servings of sugar added beverages per day (this includes iced tea and iced coffee with sugar, drinks such as Gatorade, juice drinks, juice cocktail, and of course, sodas)

- Americans love their sugar! The average American consumes 22 teaspoons of added sugar a day. This amounts to an extra 350 calories. Sugar-sweetened beverages are one of the most serious offenders.
- Soft drinks are a prime source of extra calories that can contribute to weight gain and provide no nutritional benefits. Studies indicate that liquid carbohydrates such as sugar sweetened beverages are less filling and do not satisfy hunger despite their high caloric value. Sugar-sweetened beverages are being connected to the development of type 2 diabetes, obesity, heart disease, and other chronic conditions.
- As an example, if you were to drink just one can of a sugar-sweetened soft drink every day, and not cut back on calories elsewhere, you could gain up to 15 pounds over three years.
- As an alternative try to drink more water and naturally flavored seltzers.
- Be mindful of coffee drinks that are consumed at breakfast or during the day as a "pick me up." They can be loaded with added sugars through flavors and whipped cream.

Sources:

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9-2-1-0 LOG AND PRIZE FORM



Please complete the following log form in full. Please email or mail to Mary Harrington at mharrington@mma.org or MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 by March 7, 2023. To earn a prize you must meet at least 3 challenges per day at least 8 out of 10 days. Complete the log form below by placing an "X" in each box that corresponds to the challenge(s) you completed each day. All log forms must be unique in the case where a spouse or dependent is also participating.

| Date | 9 Fruits and Veggies | Choose 2 ways to connect to yourself or others | Minimum 1 Hour Movement | 0 Servings Sugar Added Beverages | Total Guidelines Today |
|---------------------------------------------------|----------------------|------------------------------------------------|-------------------------|----------------------------------|------------------------|
| February 13 | | | | | |
| February 14 | | | | | |
| February 15 | | | | | |
| February 16 | | | | | |
| February 17 | | | | | |
| February 18 | | | | | |
| February 19 | | | | | |
| February 20 | | | | | |
| February 21 | | | | | |
| February 22 | | | | | |
| Total # days meeting at least 3 challenges | | | | | |

Name _____ Employer _____

MIIA/BCBS subscriber: Yes No

Email _____ Phone _____

Mailing address _____

Prize choice. Choose 1st and 2nd choices. If you don't specify, we will choose your prize. [Click](#) to view below prizes. Can also view at emiia.org. Click on Well Aware, then click on Incentives. Only MIIA/BCBS members eligible for prizes.

- ___ Chill Watch - White, Black, Red, Cyan
- ___ Camper 34oz Stainless Steel vacuum container
- ___ Fleece Blanket (navy)
- ___ Freezable Lunch tote
- ___ Collapsible cooler
- ___ Yoga mat
- ___ Sinus soother

- ___ Bike repair kit
- ___ Nature Sound Spa
- ___ Outdoor headlamp
- ___ Vodapod Water bottle
- ___ Rivage Weekender tote
- ___ Pickleball Set
- ___ Bamboo cutting board
- ___ Shaker bottle

- ___ Gardener's Kit
- ___ Glass Leakproof Storage Container
- ___ Kitchen shears