

Make Positive Diet, Exercise and Digital Device Use Lifestyle Changes



9-2-1-0

A 10-day self-directed activity incentive program

Open to all employees

Starts July 22 and ends July 31, 2019

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 use of digital devices. 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
- Spend only 2 hours (non-job related) on digital devices
- 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 August 9, 2019.
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.

Spend only 2 hours each day on digital devices (this does not include time on a device related to your job but means streaming videos, movies, texting, talking on your cell phone, playing games, etc.)

- The average adult spends close to 11 hours looking at a screen per day and checks their phone every 10 minutes.
- Too much screen time can cause vision problems, disrupted sleep, weight gain, social isolation, depression, digital addiction and other problems.
- The relevance for children is even stronger as researchers and parents worry about the sedentary nature of too much screen time, lack of physical activity, and limited face-to-face social interactions with family and friends.

Engage in 1 hour of activity per day (this includes any form of physical activity such as gardening, yard work, walking the dog, pushing a baby carriage, golf, tennis, etc.)

- 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!

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”?

Drink 0 servings of sugar added beverages per day (this includes ice tea and ice 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.

Sources:

cdc.gov/media/releases/2017/p11116-fruit-vegetable-consumption.html

rewire.org/living/adults-screen-time-limits/

rallyhealth.com/health/screen-time-affects-health

theverge.com/2019/4/25/18516669/screen-time-limits-who-children-health-physical-activity-sleep-tv-phones

health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf

hsph.harvard.edu/nutritionsource/carbohydrates/added-sugar-in-the-diet/

hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/

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 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.

9-2-1-0 Log and Prize Form

Please complete the following log form in full. Return it to Marry Harrington at mharrington@mma.org or fax Mary at 617-542-6513 by August 9, 2019. 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. (Only MIIA/BCBS subscribers can earn prizes).

Date	9 Fruits and Veggies	No More Than 2 Hours Digital Use (not job related)	Minimum 1 Hour Movement	0 Servings Sugar Added Beverages	Total Guidelines Today
July 22					
July 23					
July 24					
July 25					
July 26					
July 27					
July 28					
July 29					
July 30					
July 31					
Total # days meeting at least 3 challenges					

Name _____ Email _____

Phone: _____ Mailing address: _____

Employer _____ MIIA/BCBS subscriber # _____

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

- | | | |
|---|--|--|
| <input type="checkbox"/> Alo workout headband (women) | <input type="checkbox"/> Balance Active tote | <input type="checkbox"/> Beach towel (<input type="checkbox"/> blue or <input type="checkbox"/> zig zag blue) |
| <input type="checkbox"/> Bike repair kit | <input type="checkbox"/> Body wrap | <input type="checkbox"/> Car seat organizer |
| <input type="checkbox"/> Chill watch (<input type="checkbox"/> white, <input type="checkbox"/> black, <input type="checkbox"/> red, <input type="checkbox"/> cyan) | <input type="checkbox"/> Exercise waist belt | <input type="checkbox"/> Freezable lunch tote |
| <input type="checkbox"/> Mini sling cooler | <input type="checkbox"/> Napsack with light seat cushion | <input type="checkbox"/> Nature Sound Spa |
| <input type="checkbox"/> Neoprene laptop/tablet case | <input type="checkbox"/> Outdoor headlamp | <input type="checkbox"/> Pet Lovers travel kit |
| <input type="checkbox"/> Reflective arm band | <input type="checkbox"/> Rivage Weekender tote | <input type="checkbox"/> Salad to go container |
| <input type="checkbox"/> Shoulder wrap | <input type="checkbox"/> Sinus soother | <input type="checkbox"/> Slope Messenger Bag |
| <input type="checkbox"/> Soft Touch Tumbler travel mug | <input type="checkbox"/> Stainless steel water bottle | |
| <input type="checkbox"/> Vented umbrella (<input type="checkbox"/> green or <input type="checkbox"/> blue/white) | <input type="checkbox"/> Wireless waterproof cube speakers | |
| <input type="checkbox"/> Wind chimes | | |

