# WellPath's Daily Dozen *Challenge*

Welcome to week 2 of the Daily Dozen Challenge. Registration is going to remain open this week. AND you can earn 5 points for every coworker of family-member on the health plan that registers and finishes the Daily Dozen Challenge. Just click here to complete the online referral form, so we know who you referred that registered for the challenge. At the end of the challenge, **WellPath will give you 5 points for everyone you referred who registered and completed the Daily Dozen Challenge.**

Check out this week's Vlog from Greta. It's nuts!!!

I'm having a great time checking off boxes during the day and I am finding that I can get almost half my boxes checked off BEFORE lunch. I hope you are having a motivating and successful experience as well? If not contact a WellPath Coach or send an e-mail to wellness@srpmic-nsn.gov and we can help you out.

Remember the challenge doesn't require perfection. You simply have to check off 20 or more boxes of the 24 per day, and, you only have to do that on **42 of the 56 days**. **You can do it!**
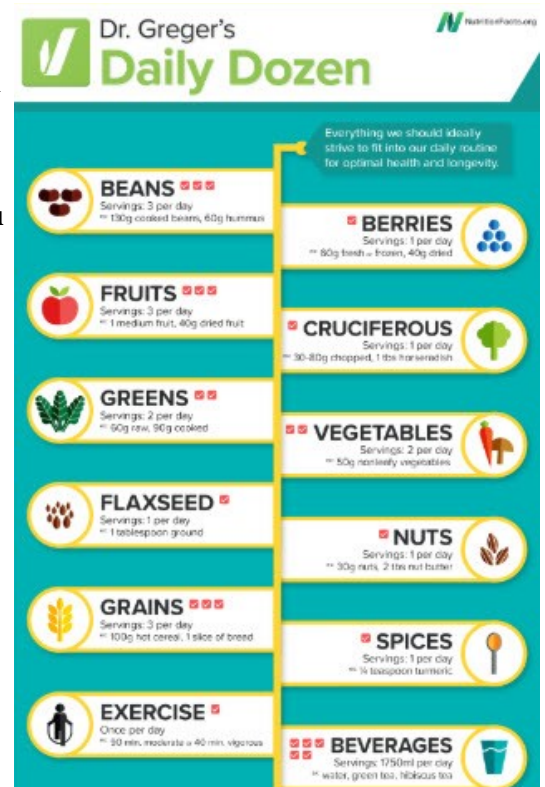
And for those of you doing it, share your experience with us so we can include it on the web site or upcoming newsletters and encourage others. If you check out the challenge web pages you will see more and more pictures of foods that challengers are using for their *Daily Dozen*. You will see the early pictures are simple ideas. There's beauty in simplicity. As time goes on you will have more and more recipes and resources to help you get fancy with your daily dozen. We will build over the challenge.

So send us some pictures to wellness@srpmic-nsn.gov and stay in touch. We're here if you need us.

## WELLPATH'S DAILY ACTIVITY BREAK:

Join us everyday at 2:30 for WellPath's Daily Activity Break for stretching, light exercises, and meditation with Coach Christine.

https://www.gotomeet.me/WellPath

### Dr. Greger's Daily Dozen

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.

**BEANS**
Servings: 3 per day
= 130g cooked beans, 60g hummus

**BERRIES**
Servings: 1 per day
= 80g fresh = frozen, 40g dried

**FRUITS**
Servings: 3 per day
= 1 medium fruit, 40g dried fruit

**CRUCIFEROUS**
Servings: 1 per day
= 30-80g chopped, 1 tbs horseradish

**GREENS**
Servings: 2 per day
= 60g raw, 90g cooked

**VEGETABLES**
Servings: 2 per day
= 50g nonleafy vegetables

**FLAXSEED**
Servings: 1 per day
= 1 tablespoon ground

**NUTS**
Servings: 1 per day
= 30g nuts, 2 tbs nut butter

**GRAINS**
Servings: 3 per day
= 100g hot cereal, 1 slice of bread

**SPICES**
Servings: 1 per day
= ¼ teaspoon turmeric

**EXERCISE**
Once per day
= 90 min. moderate = 40 min. vigorous

**BEVERAGES**
Servings: 1750ml per day
= water, green tea, hibiscus tea

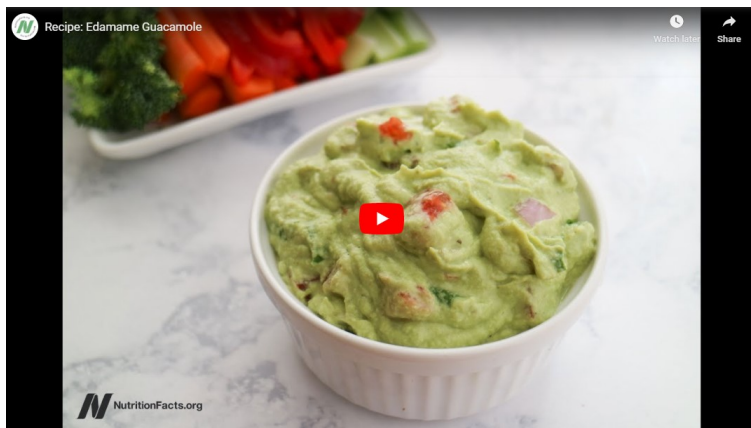# B12—AN IMPORTANT B VITAMIN

### By Coach Greta

Your body doesn't make vitamin B12. B12 is made by microbes (aka, bacteria) that long ago we would get from drinking stream water, and eating a little dirt (and other things) in our foods. Now a days, we sanitize food and we chlorinate our water to kill off bacteria so we don't get sick. So now we need to get B12 either from animal foods (meat, poultry, fish, dairy products and eggs) or from supplements. Yep, the animals got the B12 from the dirt, cow pies and insects they eat. So, If you eat animal products you are probably getting enough B12 in your diet. If you don't eat animal products, you will need to take supplements and/or eat fortified foods, like breakfast cereals or nutritional yeast. Always take the recommended dose. Some surgeries and medications interfere with the absorption of B12 so talk with your doctor if you have any questions about B12.

https://www.mayoclinic.org/drugs-supplements-vitamin-b12/art-20363663
https://www.webmd.com/diet/vitamin-b12-deficiency-symptoms-causes#1

## WEEKLY RECIPE:  Edamame Avocado

## WELLPATH COACHING:

You can receive coaching  to improve your health and fitness. WellPath's health coaches are able to assist you in planning and achieving your goals for the Daily Dozen Challenge. Visit WellPath Coaching to research a Coach that will work well for you.  Start working with your personal Coach

### TODAY!!

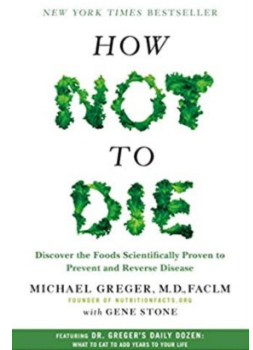Daily Dozen VLOG

Wellness@SRPMIC-nsn.gov
www.WellPath.info

## RESOURCES:

WellPath's Challenges Page

Nutrition Facts

Dr. Greger—Evidence Based Weight Loss

Book: How Not To Die

NEW YORK TIMES BESTSELLER

HOW NOT TO DIE

Discover the Foods Scientifically Proven to Prevent and Reverse Disease

MICHAEL GREGER, M.D. FACLM
with GENE STONE

FEATURING DR. GREGER'S DAILY DOZEN: WHAT TO EAT TO ADD YEARS TO YOUR LIFE

## DAILY EXERCISE

Daily exercise boosts mood, enhances self-esteem, reduces anxiety and depression and provides a sense that what we do matters.

For many of you, you can just continue your regular exercise program. For others your program has been turned upside down. If you would like some assistance "retooling" your exercise routine to fit the times please feel free to reach out to a WellPath Coach.

Believe or not, it's not a bad time to start an exercise program if you haven't been exercising regularly. This page will provide resources for you to do that.