



## **Eat your way to well-being.**

Did you know a nutritious diet can help you live a longer, healthier life? Eating a healthy diet is one of your best defenses against disease. By eating at least five servings of fruits and veggies per day, you can help prevent type 2 diabetes, cardiovascular disease, and some types of cancer.

### **About the challenge**

Use the SmartHealth Five to Thrive 28-day challenge to help you focus on the goal of eating five servings of fruits and veggies per day.

Indicate whether you were able to meet the goal (yes or no) on at least 21 days to earn 150 points!

You can document your progress each day or go back to retroactively report it before the end of the challenge. Track your results [online](#) or on the Wellness at Your Side app.

The challenge starts June 19 and ends July 16. You must register no later than June 26 to participate.

### **SOURCE**

[Centers for Disease Control and Prevention: "Benefits of a balanced diet"](#)