



This certificate is awarded to :

a motivated and determined person

You committed to taking care of yourself with the **5|30 Health and Wellness Challenge**

GOAL

5

Eating **at least 5 portions of fruit and vegetables** a day, a minimum of 5 days a week.

GOAL

30

Moving for **at least 30 minutes** a day, a minimum of 5 days a week.

GOAL

Wellness

Improving **wellness** by targeting an **objective** of one's choice.

GOALS

Plus

And reaching a **Goal Plus** if you added one of two of them while registering.

Continue to take up your **Challenge** throughout the year,
And to make sure your new habits stick, have fun with them!

Congratulations!
The ACTI-MENU Team

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