

# SHARECARE CHALLENGES

## MAY 2023

As winter gives way to warmer and longer spring days, make a plan to clean up your health routine. Making healthy choices isn't always easy, but now as spring gets underway, it's time to jumpstart your warmer-weather groove. Try to limit your sugar intake and eat more fruits, vegetables, whole grains, and lean protein. Be mindful of your stress and find ways to relax. Incorporate more movement into your daily routine. Remember, even small changes can lead to big results.

### Continuing this Month...

**Spring Clean Your Routine**  
March 1, 2023 through May 31, 2023  
Goal: Earn 75 Green Days

**Spring Into Action**  
March 1, 2023 through May 31, 2023  
Goal: Walk 300K Steps

### Eat the Rainbow

Track diet for 31 days

*This challenge runs May 1-31.*

Fruits and veggies contain phytonutrients. These compounds give plants their bright colors and different flavors. They are also linked to significant health benefits. For example, red and pink fruits and vegetables contain lycopene, which has been shown to help protect the heart, brain, eyes and bones. Yellow foods contain beta cryptoxanthin, which supports digestion and your immune system. This month, add more color to your diet.

### Sweet Dreams

Track sleep for 31 days

*This challenge runs May 1-31.*

Scientists estimate that people dream for about two hours each night, even if they don't remember it. Dreams result from activity in the cerebral cortex, the outer layer of the cerebrum—the largest area in the brain. All stages of sleep are important, but REM sleep appears to play a role in consolidating memories. Getting 7 to 9 hours of quality sleep may also help people process emotional memories and regulate their emotions.

### Better Balance

Track stress for 31 days

*This challenge runs May 1-31.*

For many people, finding balance between work or family commitments and still having time for self-care is an ongoing challenge. It may not always be perfect, but finding better balance can help you keep your stress level under control. Taking steps to set better boundaries and find balance, can not only help you feel better but also protect your long-term health. This month, strive for better balance to improve your well-being. Track your stress level to monitor your progress.

### 5K a Day in May

Track 150K Steps

*This challenge runs May 1-31.*

As warmer weather sets in, head outside for some fresh air and physical activity. A daily walk is a great low-impact exercise if you're trying to sit less and move more. Getting outside for a walk can also improve your mood and sharpen your memory. Every step counts. Even a 5-minute daily walk can help. Take at least 5,000 steps per day for the next 31 days.

### Kindness Matters

Track for 31 days

*This challenge runs May 1-31.*

Being kind doesn't just benefit others, it could also help you live a longer, healthier life. Kindness is linked to lower blood pressure and stress hormone levels. Some small acts of kindness that could make a big difference:

- Check in on a friend or loved one
- Pay someone a compliment
- Donate gently used clothing or toys to charity

For more information, go to [mycare.sharecare.com](https://mycare.sharecare.com) and click the Achieve, then Challenges.



