

SHARECARE CHALLENGES

SEPTEMBER 2023

As fall sets in and the days grow cooler, it's a good time to reset and adjust your routine for the new season. Whether you're in a rut, totally off track, or on a roll, it's always good to review your health goals and ensure they reflect where you are now—and where you want to be down the road. It's time for a fresh start. Keep it simple, and get back to the basics by moving more, sitting less, eating more fruits and vegetables and being mindful of your stress levels.

Starting this Month...

Fall Fresh Start

September 1st through November 30th

Goal: Earn 75 Green Days

Healthier Heart

September 1st through November 30th

Goal: Walk 300K Steps

Focus on Fiber

Track diet for 30 days

This challenge runs Sept. 1-30.

On average, U.S. adults eat 10 to 15 grams of fiber each day—less than half the recommended daily amount. People following a low-fiber diet may be missing out on some key benefits of this essential nutrient, which may help maintain a healthy weight and reduce the risk for diabetes, heart disease and stroke. Get the benefits of fiber by eating more fiber-rich foods including fruits and vegetables like berries, broccoli, sprouts, green beans and avocado.

Boost Your Mood

Track 155K Steps

This challenge runs Sept. 1-23.

As summer gives way to cooler fall days, changes in routine can be stressful. A daily walking routine can improve your mood by triggering the release of feel-good brain chemicals and supporting quality sleep. September 23 is the first day of fall. Kick-start the season by stepping outside and enjoying all that autumn has to offer—bright colors, comfortable temperatures and crunchy leaves under your feet.

Caffeine Cutback

Track sleep for 30 days

This challenge runs Sept. 1-30.

There is good evidence that a few cups of coffee each day may offer some health benefits. But it is possible to have too much of a good thing. Excessive caffeine consumption is tied to several short- and long-term health issues. One well-known downside: disrupted sleep. This month, reduce your caffeine intake and track your sleep habits. And to avoid interrupted sleep, it's best to steer clear of caffeine at least six hours before bedtime.

Rethink Your Drink

Track for 30 days

This challenge runs Sept. 1-30.

If you unwind with an occasional beer or glass of wine, you may wonder how this habit impacts your health. The dangers associated with drinking depend on your age, gender, DNA, lifestyle, and other individual risk factors. But overall, the more people drink, the greater their risk for a number of health issues, including cancer, liver disease, atrial fibrillation, and stroke. If you drink, try to cut back or avoid alcohol entirely this month.

Building Better Boundaries

Track stress for 30 days

This challenge runs Sept. 1-30.

If it's hard for you to say no, you're not alone. Many people have trouble setting boundaries—especially if they enjoy being helpful and don't shy away from hard work. To be sure, agreeing to help or tackle requests is often a great thing for you—and others. But like so many things in life, setting limits and establishing boundaries is key for controlling stress and avoiding burnout. An important (and often overlooked) part of self-care is managing your time and expectations.



For more information, go to mycare.sharecare.com and click the Achieve icon, then Challenges.



Please note: The Sharecare platform will be sunsetting December 31, 2023.

