



Eat Leafy Greens

CHALLENGE

Add more leafy greens to your diet

Requirements to complete this HEALTH CHALLENGE™

1. Read "Eat Leafy Greens."
2. Eat more leafy greens (spinach, kale, broccoli, lettuce, etc.)
3. Keep a record of your completed health challenge in case your organization requires documentation.



Ever heard of The Spinach Challenge?

You know, like the Ice Bucket Challenge. Dump a bucket of ice on your head in dramatic fashion. Record it. Show it off on social media. Try eating leafy greens this way.

When former National Women's Soccer League forward Stephanie McCaffrey heard about The Spinach Challenge, she was ready to strike. And U.S. Olympic gold medalist and pro hockey player Kacey Bellamy wasn't about to back down.

"The rules are simple," says McCaffrey. "Eat all of the spinach in the bag as fast as you can. The first one to eat all of it wins."

And instead of McCaffrey vs. Bellamy, the friends turned The Spinach Challenge into an event. Both recruited teammates and

How much do you know about the health benefits of drinking water? Take this quiz to find out.

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1. Leafy greens are a rich source of vitamin K the body uses for blood clotting and strong bones.
2. You should eat 1 cup of vegetables daily, including leafy greens.
3. Eating leafy greens with healthy fats helps the body absorb more nutrients.
4. Antioxidants in leafy-green vegetables help prevent disease and certain types of cancer.
5. A serving of kale contains more calcium than a serving of milk and more vitamin C than an orange.

How did you do? If you didn't get them all right, you could benefit from learning more about the health benefits of leafy greens. Eating 2 to 3 cups of vegetables per day, including leafy greens, will help lower your risk for chronic disease.² Leafy-green vegetables include foods like spinach, kale, broccoli, lettuce, and others.

Answers: 1 True 2 False 3 True 4 True 5 True

pro athletes to participate at the Institute of Performance and Fitness in Massachusetts.

On your mark, get set...go! Spinach starts flying by the handful. McCaffrey strikes...munch...munch...munch. Bellamy rallies, grabs another handful and chews. But before the timer runs out at five minutes, it's over with gag-me-with-a-spoon laughter.

"Honestly, I ate as much spinach as I possibly could," says McCaffrey. "And there was not even a noticeable dent made into my bag."

If you're trying to eat healthier and lower your risk for disease, don't stuff your face like this.¹ There's a better way. Take the month-long health challenge to Eat Leafy Greens.

Try this green smoothie recipe
<https://tinyurl.com/t7kfq2b>