



# January 2017

## Healthy Henderson Rewards Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>90-Day Weight Loss Challenge begins on January 16 and runs through April 8!            Register at our Healthy Henderson Fair from 10am-02pm on Saturday, January 14, at the Henderson Multigenerational Center. The fair features over 40 vendors, children's activities, bounce houses, class demonstrations, and food trucks. Stop by your local recreation center for more information.</p>						
1	2	3	4	5	6	7
Healthy Henderson Cookbooks are on sale in the recreation centers for \$5.	1 stamp 49 years and under Working out in the fitness room BMRC, DRC, WRRC	1 stamp for swimming in one of our aquatics facilities HPAC, HMIP, WRIP	1 stamp Working out in the fitness room BMRC, DRC, DSC, HMGC, HPSF, VVRC, WRRC	Visit the Henderson Farmers Market every Thursday 9am-4pm. Henderson Events Plaza in the Water Street District 200 S. Water Street 	1 stamp 50 years and under Working out in the fitness room BMRC, DRC, HMGC, VVRC, WRRC	Grab & Go Healthy Snack: Apple slices dipped in a tablespoon of almond butter.
8	9	10	11	12	13	14
Check out our Healthy Henderson page at: <a href="http://cityofhenderson.com">cityofhenderson.com</a>	1 stamp Playing 1 hour of racquetball BMRC, DRC, SSRC, VVRC, WRRC	1 stamp 50 years plus Working out in the fitness room BMRC, DRC, DSC, HMGC, HPSF, VVRC, WRRC	1 stamp for swimming in one of our aquatics facilities HPAC, HMIP, WRIP	Grab & Go Healthy Snack: Half cup of low-fat cottage cheese with chives, and pepper along with your choice of vegetables for dipping.	Set realistic fitness goals. Don't try to run a 5K right away, make it a habit to walk 15 minutes a day, and add time, distance and intensity.	3 stamps for attending the Healthy Henderson Fair at the Henderson Multigenerational Center; located at 250 S. Green Valley Pkwy. from 10am-2pm.
15	16	17	18	19	20	21
Reasons to add more fruits and vegetables to your diet: Low in calories, may reduce disease risk, vitamins & minerals & they are a quick, natural snack.	In Observance of Martin Luther King Jr. Day. All Facilities Closed	Grab & Go Healthy Snack: One cube of hard cheese, with four to six dried apricots.	1 stamp Playing 1 hour of racquetball BMRC, DRC, VVRC, WRRC	1 stamp 49 years and under Working out in the fitness room BMRC, DRC, HMGC, VVRC, WRRC	1 stamp 50 years plus Working out in the fitness room BMRC, DRC, DSC, HMGC, HPSF, VVRC, WRRC	<b>TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.</b>
22	23	24	25	26	27	28
To inquire about Personal Training sessions, call 702-267-4070	Grab & Go Healthy Snack: One whole-wheat English muffin with peanut butter.	1 stamp 49 years and under Working out in the fitness room BMRC, DRC, HMGC, VVRC, WRRC			1 stamp Playing 1 hour of racquetball BMRC, DRC, SSRC, VVRC, WRRC	1 stamp for swimming in one of our aquatics facilities HPAC, HMIP, WRIP
29	30	31				
	Grab & Go Healthy Snack: 1 cup of oatmeal with fresh berries and a splash of skim milk.	1 Stamp Working out in the fitness room BMRC, DRC, DSC, HMGC, HPSF, VVRC, WRRC				

Rewards cards are valid for two years from the date of issue. Rewards and program rules are subject to change without notice and rewards are available while supplies last. Maximum two stamps per day. Other rules may apply.