Colorful Summer Challenge

What is the Colorful Summer Challenge?

A 8-week virtual Challenge that focuses on healthy and colorful eating. Many times, eating healthy has the look of a very white plate- chicken, rice, and boring vegetables. BUT nutrition and healthy eating should be COLORFUL. Join us to learn the importance of eating a colorful meal, the benefits of eating a variety of colors, and new yummy and simple dishes to try along the way.

This will be a self-lead challenge, with helpful hints and tricks along the way. Each participant can fill out a daily nutrition tracker to help you keep track of your nutrition goals along the way.

Sign Up:

- Step 1: Register by visiting this QR Code
- Step 2: After registering, participants will keep track of their nutrition goals with a corresponding Nutrition Tracker

INCLUSIVE Health & Fitness

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