



One day at a time, one challenge at a time, we will get fit, eat smart, and develop healthy habits that will leave us smiling.

HOW TO SIGN UP

1. Visit www.sosc.org/hlc
2. Click "SIGN UP"
3. Complete the form
4. And you are ready to go!

HOW IT WORKS

The program features three daily challenges: fitness, nutrition, and hydration, and our very own SOSC staff, coaches, and athletes will facilitate them through videos. They will guide you through push-ups, wall sits, and burpees; encourage you to swap out sugary drinks for water; and motivate you to add an extra serving of vegetables to your meals.

Each day, visit www.sosc.org/hlc to find out your daily challenges. Once you complete them, be sure to check-in on the site and submit your code words to earn points.

Do your athletes not have a computer or a mobile phone? No problem! The site includes printable materials so you can mail them or drop them off to your athletes. Please remember to follow proper health precautions, including social distancing.

TEAMWORK MAKES THE DREAM WORK

People who exercise together are more likely to be successful. Due to the health crisis, we will have to workout at our homes. However, it does not mean you are on your own. Sign-up your team, push each other each day, and earn points together. You can even view your team's progress and standings on the website each day. If you do not have a team, we can help you join a team.

CALENDAR & AT HOME TRACKING

- The SOSC Healthy Lifestyle Challenge Calendar & Participant Log are available and printable in PDF format on the website
- Please download or print both of these to help keep track of your Healthy Lifestyle progress

For more information or if you have questions, please contact your local regional office at www.sosc.org/programs.

For SOSC updates regarding coronavirus (COVID-19), [Click Here](#)