Five choices that can lead to a healthier you!  
Sign up today!

Calling all FIU Faculty & Staff: 
Strive to be a healthier you for 2018 with PAWS!

Get ready to increase your well-being with the Strive for Five Wellness Program. Strive for Five is a virtual, five week program designed for you to be more mindful of your actions and food intake during the holiday season!

December 5, 2017 - January 5, 2018

1. 3 Easy Steps

1. **Register with Nathan Burandt, Wellness Manager, at pawswellness@fiu.edu.**

2. **Pick TWO challenges to complete in the five weeks.**

3. **Start tracking beginning December 5, 2017 through January 5, 2018. Be sure to email your results to pawswellness@fiu.edu.**

2. **Strive to eat five or more servings of fruits and vegetables.**

3. **Strive to lose five pounds or maintain your weight during the five week program.**

4. **Strive to get 30 minutes of exercise five days per week.**

5. **Strive to have five mindful, meditative minutes per day.**

6. **Strive to drink five or more 8 oz. cups of water per day.**

For more information, contact Nathan Burandt, Wellness Manager, at pawswellness@fiu.edu.