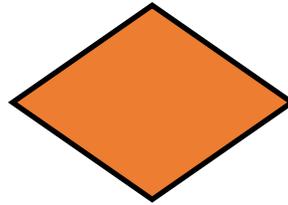
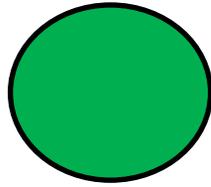


80/20 Health in Balance Game



Goal: Make permanent health changes allowing one celebrate their cultural and traditional ways of eating all the while caring for health in a joy-filled manner.

How to Play:

- You must play this game with someone else; so pick a friend, family member or coworker to play the game with. The more you and your buddy communicate the better! You must text (or whichever way you choose to connect) each other after you complete the weekly task.
- Cut out the vertical rectangle and circle pieces for the first month and place the vertical rectangles in an envelop, box, bag or jar, and the circles in another.
- Each week pick one vertical rectangle card and one circle card and complete the task in the weeks time frame. You and your buddy complete the same task cards each week (so you only need one set cut out for the both of you). You're each other's support and accountability so the more you communicate, the better.
- Once you complete the tasks for the week, those lifestyle practices become a part of your life. The goal is for you and your buddy to make this fun as you hold each other accountable and create permanent change!
- Play the months in order as month's tasks build upon each other.
- There are enough foundational tasks for a 4-month period. Behavior change takes committed time and support. At the end of the 4-month period you will have made practices a part of your life to help you care for your health in a balanced and joyful way, in the long-term. The goal of the game is to develop lifestyle practices that allow you to live the concept of 80/20...80% of the time, you eat real foods, in a good balance. You also participate in regular movement, and manage stress. Then 20% of the time things may get a little off track, but that is ok, because this is life; however, if you make the tasks on the cards foundational ways you care for your health, the 80/20 concept will help you care for health, in a practical and balanced way.
- The next phase of the program is the maintenance phase. For a 2-month period your task cards will be the horizontal rectangles. And you will pick one a week; these cards provide fun ways to help you continue to implement the 80/20 practices into your daily living.
- Finally there are diamond bonus cards. These are cards that you can give a try after the 2-month maintenance period. Challenging ourselves is good for health and these challenge cards help you do just that.
- Some of this information you may already know, and some you may need additional support. Please refer to the **80/20 Resources Toolbox** folder (the link is provided) for any additional information you need. Everything from tips, tricks, menus, recipes, and further guidance is found there, usually if you need more detail about a concept on a card, there is usually a resource guide that contains the information; if you still need have additional questions, please reach out!
- These task cards contain actions that you do to make your moments healthier. The program is based on cultural traditions from around the world as well as science-based evidence. If you are eating and living in a way that keeps chronic inflammation low in the body, you set the body up to every once in a while get a little off track. Eating a healthy balance between animal and plant foods, moving regularly and managing stress helps keep chronic inflammation low, which is a healthy state for the body to be in.
- OK get ready....You're the next contestant on the 80/20 Health in Balance Game!