



# Caribbean Wellness Week 2015

*Love That Body... Create a Legacy of Health!*



Caribbean Wellness Day Bahamas

***September 12th - 19th, 2015***



Ministry of Health



# Caribbean Wellness Week 2015

## Events Calendar

Date	Activities	Event details
September 12 – 13, 2015	Fun Run/Walk	<b>Start time:</b> 6am <b>Route:</b> Arawak Cay to Cable Beach Post Office and back to Arawak Cay <b>Water stops:</b> Goodman's Bay and Cable Beach Post Office <b>Prizes:</b> 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> prizes for largest groups <b>Fruits:</b> will be available after the run/walk.
September 12 – 13, 2015	Wellness Weekend	All churches encouraged to present sermons focusing on health and wellness and/or include a wellness message in their bulletins.
September 12, 2015	Male Health Symposium	<b>Time:</b> 11am – 3pm <b>Venue:</b> Trinity Anglican Church Activity Centre
September 15 & 17, 2015	Older Adult Wellness Symposium in Urban Renewal Centres	<b>Time:</b> 10am – 1pm <b>Venue:</b> TBD
September 19, 2015	Health & Wellness Explosion!	<b>Time:</b> 10am – 4pm <b>Venue:</b> Arawak Cay

## Daily Challenges Calendar

Date	Emphasis	Challenge
September 12, 2015	Water Day!	Children: 6 cups Teens: 8 cups Adults: 8 – 10 cups
September 13, 2015	Eat your veggies day!	Have veggies at two meals for the day.
September 14, 2015	Eat your fruits day!	Eat at least two fruits.
September 15, 2015	Try a new food day!	Eat a vegetable and fruit you have never eaten before.
September 16, 2015	Let's Move!	Exercise or be active for at least 30 minutes
September 17, 2015	Sugar – free Day!	Eat no sweets – chocolate, candies, cookies, pastries
September 18, 2015	Fat – free Day!	Eat no greasy or fried foods.
September 19, 2015	Salt – free Day!	Eat no canned foods Eat no processed meats Do not use high sodium seasonings.



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