



Week 3 | October 1, 2023

Week 3!

You've done a great job the first two weeks of this challenge! We've really enjoyed reading the feedback you've shared through your check-in's so far. If you happen to capture any of your weekly challenges in action, we'd love to see your pictures or videos. Share with us by sending to info@livehealthyiowa.org.

By this point, you're into the routine, but just a friendly reminder to submit your check-in form this week to be in the drawing for super awesome prizes including waterpark passes, gift cards, and MORE!

Have a great week!

The Live Healthy Iowa team

[WEEK 3 Check-In Form](#)

P.S. - It's not too late to join the challenge! Share this link with others who might like to take part! <https://forms.gle/NNhkNRTpVgjjaxCNA>

Questions?

888.777.8881 | info@livehealthyiowa.org

Important challenge dates...

~~Sep 18 - Week 1 begins~~

~~Sep 24 - Week 2 begins~~

Oct 1 - Week 3 begins

Oct 8 - Week 4 begins

Family Activity

Schedule in 30-60 minutes this week to get moving as a family. Choose one or both activity options, let loose, and ENJOY!

Scavenger Hunt

Here are some ideas of items to look for while on a scavenger hunt. Feel free to do this inside, outside, or both! You can do it together finding the item as a group or make it a race to see who can find it first. Feel free to add to the list with items that work best for your household.

Leaves - Cup - Shovel - Bike - Ball - Pillow - Toilet Paper - Hand Towel - Blue Toy - Leaf - Key - Picture - Toy with Wheels - Stuffed Animal - shiny item -

Alphabet Fitness

Alphabet Fitness Challenge

Spell your name out by completing the workout listed at each letter of your name

Differentiation – alter the speed/weight or intensity to increase/decrease difficulty

A – 30 Squats	J – 30 Lunges	S – 25 PRESS UPS
B – 50 Step ups	K – 15 leg raisers	T – 40 STEP UPS
C – 50 Sit Ups	L – 40 Seconds Side Plank	U – 20 leg raisers
D – 1 minute wall sit	M – 30 Burpess	V – 30 Lunges
E – 40 seconds Plank	N – 6 minute Spin bike	W – 1 minute wall sit
F – 1 minute boxing	O – 50 Sit ups	X – 5 minutes on Spin Bike
G – 20 Crunches	P – 50 Squats	Y – 2 minutes mountain climbers
H – 3 minutes on Spin Bike	Q – 20 Bicycle Crunches	Z – 30 Burpees
I – 10 Press UPS	R – 30 Crunches	

BONUS Activity

Please consider getting your family, friends and neighbors involved in the [Annual Healthiest State Walk](#) on **Wednesday, October 4**. It will be a great opportunity to get moving and support efforts to make Iowa the healthiest state in the nation!

Family Mealtime

Spend time with your family in the kitchen and create yummy food together!



Iowa's Beef Industry

The Iowa Beef Industry Council is dedicated to expanding consumer demand for beef, strengthening beef's position in the global marketplace and improving producer profitability.

Beefs Top 10

Beef has the taste you crave while providing an excellent source of high-quality protein and containing 9 other essential nutrients.

On average, a 3-ounce serving of cooked beef gives your body more than 10 percent of these 10 essential nutrients in only 175 calories.

- Protein
- Iron
- Zinc
- Selenium
- Vitamin B6

- Niacin B3
- Riboflavin
- Vitamin B12
- Choline
- Phosphorus

Check out more details

Lazy Beef Lasagna

Ingredients:

- 1-1/2 pounds Ground Beef (93% lean or leaner)
- 1 tablespoon minced garlic
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon ground nutmeg
- 1/4 teaspoon pepper
- 1 jar (26 ounces) prepared pasta or marinara sauce
- 1-1/2 cups water
- 1 package (20 to 25 ounces) refrigerated or frozen cheese ravioli
- 1 cup shredded Italian cheese blend



Photo credit: Iowa Beef Industry

Instructions:

Heat oven to 400°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and garlic; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings and return beef to skillet. Stir in salt, nutmeg and pepper; mix well. Stir in pasta sauce and water; bring to a boil. Cook 1 to 2 minutes, stirring occasionally. Coat 13 x 9-inch glass baking dish with cooking spray. Layer half the ravioli, half the beef mixture and half the cheese. Repeat with remaining ravioli, beef mixture and cheese; cover with aluminum foil. Bake in 400°F oven 15 minutes (20 minutes if using frozen ravioli). Uncover; continue baking 15 to 20 minutes or until sauce is bubbly and pasta is tender. Let stand 5 minutes before serving.

Find the recipe [here](#).

Crazy Beef Quesadillas

Ingredients:

- 1 pound Ground Beef (93% lean or leaner)
- 1 jar (16 ounces) prepared salsa with black beans and corn
- 1-1/2 cups shredded reduced-fat Mexican cheese blend
- 1/4 cup chopped fresh cilantro
- 4 large flour tortillas (10-inch diameter)
- Chopped fresh cilantro (optional)



Photo credit: Iowa Beef Industry

Instructions:

Heat oven to 350°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings, as necessary. Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness. Reserve 1/2 cup salsa. Add remaining salsa, cheese and 1/4 cup cilantro to beef; mix well. Spoon 1/4 of beef mixture onto half of each tortilla. Fold tortillas in half to close. Place on baking sheet. Cook's Tip: Prepared thick-and-chunky salsa may be substituted for the black bean and corn salsa. Bake in 350°F oven 10 to 11 minutes or until filling is heated through and edges of tortillas are lightly browned and crisp. Garnish with cilantro, as desired; serve with reserved salsa.

Find the recipe [here](#).

Stay Connected

Check out these helpful Beef resources!

[Beef Cuts](#)

[Protein Benefits](#)

Upcoming Opportunities

Family Wellness Challenge | September 18-October 15 | [Register Today!](#)

10 Week Wellness Challenge | January 8-March 15, 2024

Live Healthy Iowa 5K | April 13, 2024

Strut Your Pup Challenge | May 2024

Go The Distance May | May 1-31, 2024
Burst Your Thirst Challenge | June 2024
The Next Step Challenge | September-October 2024

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