



***"It takes three weeks to change your habits,  
but only one day to change your mindset."***

*– Dr. Joseph Barry*

*Preventive Medicine Associates/Signature MD  
Member of the Crouse Health Network*

## **Congratulations to our 21 Day Challenge Participants!**

If you successfully finish the "21 Day Challenge" and [complete this online form](#),

You will be entered into an ongoing monthly raffle drawing.

Visit [www.crouse.org/21daychallenge](http://www.crouse.org/21daychallenge) to learn more.

### **March 2020**

***This month's raffle winner is...***

***Nancy (Engineering)***

### **March 2020**

**Nancy, Engineering**

Goal: To wash my hands again and again, and again - many more times than seemed necessary.

Result: Challenge complete and will continue every day. The Corona outbreak has been even more encouragement to increase frequency and reach goal.

**Linda O'Donnell, Human Resources**

Goal: Increase daily step count.

Result: Challenge complete and will continue every day.

**Ngoc Pham, CIN**

Goal: Reduce caffeine intake by cutting out soda.

Result: Challenge complete and will continue regularly. I still have soda cravings but think I'll just need a sip or two to feel satisfied!

**Stacey Hernandez, Med/Surg 7 Mem**

Goal: Give up bagels, donuts and cake for 21 days.

Result: Challenge complete and will continue to try to avoid these foods, but my birthday is coming up and I am going to have cake.

**Nicole Mitchell, Med/Surg 7 Mem**

Goal: Drink 64 oz of water daily.

Result: Challenge complete and will continue every day.

### **February 2020**

***This month's raffle winner is...***

***Cheryl Sanders (Med/Surg 7 Mem)***

### **February 2020**

**Cheryl Sanders, Med/Surg 7 Mem**

Goal: Give up red meat for 21 days

Result: Challenge complete and plans on continuing regularly!

**What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days**

**Maudie St. Denis, Commonwealth**

Goal: To meditate for 20-30 minutes per day

Result: The meditating helps me to calm and center myself. I usually meditate before bed, I get a better night's sleep.

**Linda O' Donnell, Human Resources**

Goal: No extra salt added while cooking

Result: Challenge complete and will continue every day!

**Stacy Hernandez, Med/Surg 7 Mem**

Goal: To get at least 6 hours of sleep every night

Result: Challenge complete and will continue every day!

**Kim Mineker, Communications**

Goal: Drink water to equal half my body weight in ounces

Result: Challenge complete and will continue every day!

***January 2020***

***This month's raffle winner is...***

***Linda O'Donnell (Human Resources)***

***January 2020***

**Nancy, Engineering**

Goal: To bring all food/beverages from home, rather than purchasing during the day

Result: Resulted in better eating habits and will continue every day!

**Linda O' Donnell, Human Resources**

Goal: Take time to breath deep – inhale, slowly exhale.

Result: This challenge made her feel really good and she plans on continuing this habit.

**Stacy Hernandez, Med/Surg 7 Mem**

Goal: Get 10,000 steps every day.

Result: Challenge complete and will continue every day!

**Maudie St. Denis, Commonwealth**

Goal: No eating or snacking after 7p.m.

Result: Challenge complete and will continue every day!

**Tina Tuffley, Surgical Suite/OR**

Goal: Just drink water.

Result: Challenge complete and will continue regularly.

**Brenda Ginter, Nutritional Services**

Goal: To take the stairs instead of the elevator whenever possible

Result: Challenge complete and will continue every day!

**What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days**