



North Carolina Extension Family & Consumer Sciences Agents Living Well

The NCEAFCS Public Affairs officers are hosting a Living Well with NC FCS Agents Campaign prior to our State Conference. NEAFCS began efforts to establish a public awareness campaign in 2000 in hopes to establish and maintain name recognition for the Extension FCS Programs and raise public awareness of Extension FCS services in local communities, statewide, and nationally. As FCS Educators, it is important for us to promote healthy living and making positive lifestyle choices. The NCEAFCS wants to encourage you to promote living well through your daily practices. The rules are as follows:

- Choose a new healthy living strategy to practice. This can be to drink more water, get more sleep, eat healthier, exercise – any wellness activity you may need to work on. Please do not choose something you currently do every day. The purpose is for you to promote living well through personal goals.
- Log your strategy in the Living Well Journal weekly.
- Winners will be picked at the NCEAFCS Conference in August. Winners are picked at random. One winner will be chosen from each district. To enter the drawing, participants must:
 1. Do **at least** two months of your activity. The months must be consecutive. Please start the campaign no later than June 1st to complete in time.
 2. Complete the Living Well Campaign Evaluation. This will be sent to you at a later date.
 3. All materials must be submitted to you District VP by **Friday, April 4th**.
- Each winner will receive the new Fit Bit Alta HR! The Fitibit Alta HR has a slim design with a variety of accessory bands. The Alta comes with call text & calendar alerts and tracks sleep, steps, calories, and distance along with many other features.

We encourage you to promote the campaign on your county website and social media sites. Hashtag **#NCLivingWellCampaign** to show other Agents and the community how you Live Well!



Resources

Below is a list of sites and apps that can help you stay on track. Let us know if you have a favorite that may not be listed here!

Strategy: Eat healthier

- MyPlate SuperTracker: <https://www.choosemyplate.gov/tools-supertracker>
- MyFitnessPal: <https://www.myfitnesspal.com/>
- Lose It! (app)

Strategy: Exercise

- MyPlate SuperTracker: <https://www.choosemyplate.gov/tools-supertracker>
- MyFitnessPal: <https://www.myfitnesspal.com/>
- Charity Miles (app)
- Map My Fitness (app)

Strategy: Sleep

- Sleep Cycle Alarm Clock (app)
- iPhone IOS 10 bedtime feature
- SleepBot (app)
- Sleep Time + (app)

Strategy: Drink More Water

- Waterlogged (app)
- MyFitnessPal: <https://www.myfitnesspal.com/>
- Daily Water (app)
- iDrated (app)

General Goal Setting

- CheckMark Goals (app)
- Don't Break The Chain! (app)