



MICHAEL DASHIELL/OLYMPIC PENINSULA NEWS GROUP

From left, Healthy Community Coalition advocate Bertha Cooper joins fruits and vegetables Judy Hubers-Brandt (broccoli), Jim Ragan (grapes), Joanne Stewart (apple) and Gayle Selby (banana) at a Sequim-Dungeness Valley Healthy Community Coalition event in April. This October, they partner with the YMCA of Sequim to offer the Ready, Set, Go, 5-2-1-0 Challenge to encourage healthier living.

## Coalition issues healthy Ready, Set, Go, 5-2-1-0 Challenge for October

OLYMPIC PENINSULA  
NEWS GROUP

SEQUIM — The Olympic Peninsula Healthy Community Coalition, in collaboration with the YMCA of Sequim, is sponsoring the Ready, Set, Go, 5-2-1-0 Challenge for all ages during October.

It will finish at the Oct. 30 grand opening of the YMCA of Sequim, 610 N. Fifth Ave.

The challenge encourages participants to eat five servings of fruits and vegetables every day, aim for less than two hours of recreational screen time a day, engage in one hour of physical activity per day and drink zero sugar-sweetened beverages.

Participants track their achievements daily on a tracking form, whether as a family or individual, and bring the completed chal-

lenge forms into the YMCA of Sequim's desk Saturday, Oct. 29, or to the grand opening celebration from noon to 3 p.m. Sunday, Oct. 30, to receive a free YMCA T-shirt.

All participants will be entered into a drawing for a chance to win a one-year family YMCA membership, gift certificates for swimming lessons and other Y classes, a new bike and more prizes.

### Download form

Challenge forms can be downloaded at [www.healthyop.org](http://www.healthyop.org) or be picked up at the front desks of the Sequim unit of the Boys & Girls Clubs of the Olympic Peninsula at 400 W. Fir St., Shipley Center at 921 E. Hammond St. or Nourish Restaurant at 101 Provence View Lane.

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