



## NSNA's 2010 Shaping Up Challenge

As future healthcare professionals, we all know how important it is to maintain a healthy lifestyle. Most of us would benefit from incorporating changes and taking other positive steps to move towards a healthier lifestyle. These steps are not limited to weight loss alone. Positive changes can be as simple as getting more sleep each night, and range from smoking cessation to eating healthier.

NSNA is issuing a challenge to each of you to begin integrating healthy habits into your life. As this is our 58<sup>th</sup> Annual Convention this year, we want to challenge each of you to choose to make positive lifestyle changes for 58 days. Beginning February 8, which is 58 days before our Annual Convention, note on the tracking form what type of change you made each day, every couple of days, etc. Then bring your completed calendar (below), signed release form (see last page) to the NSNA Convention registration booth when you sign in, and you will receive a ribbon that will note your achievement.

Lifestyle changes are not easy to make. Start small, 58 days is not forever and is therefore not an overwhelming commitment to make. However, committing to make a change and following it through for 58 days reinforces the change, and begins to become a habit which will be easier for you to maintain long after the convention passes.

	February 8	February 9	February 10	February 11	February 12	February 13
February 14	February 15	February 16	February 17	February 18	February 19	February 20

February 21	February 22	February 23	February 24	February 25	February 26	February 27
February 28	March 1	March 2	March 3	March 4	March 5	March 6
March 7	March 8	March 9	March 10	March 11	March 13	March 14
March 15	March 16	March 17	March 18	March 19	March 20	March 21
March 22	March 23	March 24	March 25	March 26	March 27	March 28
March 29	March 30	March 31	April 1	April 2	April 3	April 4
April 5	April 6	April 7	Results of Your Healthy Change Over the past 58 Days:			

NATIONAL STUDENT NURSES ASSOCIATION  
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**NSNA 2010 Shaping Up Challenge**

**Release Form**

Because dieting can be stressful and is subject to the risk of injury NSNA urges you to obtain a physical examination before you begin any new diet, nutritional program, or activity program.

You agree that by signing this waiver and release form that you are participating in this program entirely at your own risk. You agree to release NSNA from any and all claims or causes of action as a result of this program.

You acknowledge that you have carefully read this form and fully understand that it is a release of liability related to the NSNA Shaping Up Challenge. You must sign and complete this release form and bring it with your completed calendar above listing the healthy changes you made in the past 58 days, to participate in the challenge and receive a challenge participant ribbon at the NSNA Registration Desk in Orlando, FL, April 7-11, 2010.

Signed \_\_\_\_\_

Print Name \_\_\_\_\_

Date \_\_\_\_\_

School \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_