**Appendix C. Scheme of “Challenging messaging”.**

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| **WEEK** | **CHALLENGES** | **INFORMATION AND TRAINING** |
| week 1  *Sugary drinks* | First challenge: Goodbye sugar!!! No fruit juices, sodas, canned tea, for a whole week. Get the whole family involved and let me know every day or in a week how many days you passed the challenge! | Before the next challenge I wanted to remind you why sugary drinks should be avoided; they quickly increase blood sugar levels and this causes the pancreas to produce a huge amount of insulin, the hormone that brings sugar into cells. In the long run it induces a dysfunction of the pancreas which first leads the body to be resistant to your own insulin and subsequently to diabetes! The challenge is over but continuing to avoid these drinks can only do you good! |
| week 2  *Physical activity* | Second challenge: jump rope! The challenges get complicated but I know you will still succeed! Have you ever tried to jump rope? Try it every day and let me know how you do. You will need to train every day this week, even if only for 15 minutes. Try it please, let me know how many jumps you do per minute! Good luck. | Hi! Challenge over! How did it go?  Did you know that jumping rope allows you to burn a lot of calories and train all the muscles in the body? With this activity you burn twice the calories that you burn with running: 15 minutes of jumping rope corresponds to 30 minutes of running! Isn't it convenient? Rope is an excellent ally for training and staying in shape in these last months of school when time for sports or walks is always short. Now let's catch our breath and on Monday we start with the next challenge! |
| week 3  *Breakfast* | Third challenge: Chef breakfast! This is a cooking challenge, by Sunday you will have to prepare a delicious but also very healthy breakfast, then you will send me photos, ingredients and recipe! | The challenge is over and you have been great with your healthy and tasty breakfast! As you well know it is important to eat healthy but we must not give up on taste!!! Here is another idea for a super tasty breakfast, Yogurt and strawberry smoothie: -125 g of 0% fat white Greek yogurt with no added sugar; - 100 gr of strawberries; - ½ orange; - ½ teaspoon of cinnamon powder. The recipe is very simple, just blend all the ingredients to have a fantastic breakfast! |
| week 4  *Fruits and vegetables* | Challenge of the Week: Vegetables!  Now the costume test is upon us and we certainly cannot be caught unprepared! What's better than eating lots of fruit and vegetables? You will have to eat at least 5 portions of fruits and vegetables a day until the weekend... let me know how many days you did it. I already know that you will be very good this time too! | Hi!!! So, this challenge? As you already know it is important to eat five servings of fruit and vegetables every day, in this way you introduce the right amount of vitamins and minerals. It is also essential to often vary the fruit and vegetables eaten, always preferring the one that is part of the green list with a lower sugar content. |
| week 5  *Screen-time* | Challenge of the week: LET'S REDUCE THE SCREEN-TIME! This challenge will be a little more difficult for you than usual. You will have to minimize the screen-time (TV, tablet, PC, mobile phone) for a whole week! I give you a maximum of 2 hours a day, but every day try to tell me how long you've been doing screen-time! | Challenge finished! How did it go? Were you able to reduce the screen-time? A very recent study has highlighted how a sedentary lifestyle (and therefore screen-time) is one of the factors most related to weight gain, even more than an incorrect diet! Try to keep making more limited use of it! |
| week 6  *Sleep* | Challenge of the week: sleep is good for you! The new challenge is about regular sleep: you will have to try to go to sleep and always wake up at the same time, sleeping about 9 hours a night. So if for example you wake up at 7 / 7.30 you will have to go to sleep at the latest at 22 / 22.30. It would be ideal to mark the time you go to sleep and the time you wake up for this week so that at the weekend we can make a good final balance together. | Do you know that at any age it is necessary to sleep a certain number of hours? In your case, 8 to 10 hours of sleep are needed per night. Sleeping is necessary and you don't have to stay up late and wake up too early to go to school! An insufficient amount of sleep can promote, along with other factors, the onset of diseases such as hypertension, diabetes, obesity. So I recommend engaging in this seemingly trivial challenge and try to keep this habit! |