



# Smart Fuel Challenge

## FOR FACULTY AND STAFF

### Take the Smart Fuel Challenge

A 10-day program to reboot your eating habits

Making changes at meals and snacktimes can make a big difference in helping you feel great. The Smart Fuel Challenge will equip you with strategies to nourish and fuel you throughout your day and beyond!

Over the 10 days of the program, you'll learn to:

- Re-Think Your Drink
- Snack Smart
- Eat More Plants
- Pick Heart Healthy Fats
- Portion Like a Pro

Complete all 10 challenges to win prizes, feel great, and develop a fun, achievable approach to eating!

### Register

**Challenge runs March 1–10**

Register by February 28.

Visit [wellness.syr.edu/smartfuel](https://wellness.syr.edu/smartfuel) for details and to register.

Brought to you by the Syracuse University Wellness Initiative.  
[wellness.syr.edu](https://wellness.syr.edu)

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### Questions?

Email [wellness@syr.edu](mailto:wellness@syr.edu)  
or call **315.443.5472**.