

Overtime challenge

Out with the old...

Our March Mayhem **week one** overtime challenge is to try something new that you've never done before.

Learning a new skill can help to keep your brain sharp. Challenging activities can strengthen entire networks in the brain. Don't think you have enough time to learn something new?

The average person spends an estimated 2 hours and 23 minutes per day on social media. We could use some of this time to try out a new skill.

To receive credit for this challenge, replace 30 minutes of screen time (TV, social media or video games) with a new activity you've never done before. You don't need to master the skill, just give it a try. We've provided some ideas to get you started, but don't be afraid to think outside the box. Any new activity you try this week can be used for this challenge.

Please remember to turn in your tracker to your team captain as soon as it is completed for the week.

Try these new ideas

- Attend a paint class
- Explore a new trail or park
- Join a sports team, league or walking club
- Knit or crochet something
- Learn a new language
- Learn to meditate
- Plant a spice garden
- Play a new game with your kids or partner
- Play a new instrument
- Read a book before bed
- Take a cooking class
- Try a new exercise class

