

# Healthy Habits Over The Holidays Challenge

We all know that the holiday season can be detrimental to our health and our healthy habits. Many people tend to lose focus of their goals and fall out of our regular routines. On average 1 - 5 pounds are put on between Thanksgiving and Christmas that are never lost during our lifetime. The Healthy Habits Over The Holidays challenge will help keep your mind focused and your body in good health and spirits.

To participate in this 21 day challenge, complete wellness activities from 3 different categories and log points for each activity completed. After you complete your 21 days of healthy habits, please turn in your sheet to Worksite Wellness at: [wellness@svvsd.org](mailto:wellness@svvsd.org) or or mailing it to 395 S Pratt Pkwy, attention to: Dylan Radford. **The final day to submit completed forms is January 10, 2018.**

Those who participate and complete the *Healthy Habits Over The Holidays challenge* will be entered in to a prize drawing!

Strive To Complete At Least One Healthy Habit From Each Column Per Day, But There Is No Limit! Each Healthy Habit Listed Below is Worth 1 point. Earn As Many Points As Possible Through The 3 Week Holiday Period.

**2x Point Day! Once per week, the day that is highlighted is worth double points!  
Complete as many wellness activities during those days!**

## Fitness

- Go For a 20 Minute Walk
- Take 15 Minutes to Stretch
- Take a Local Fitness Class
- Walk 5 Flights of Stairs twice a day
- Do 30 Minutes of Cardio Exercise

## Nutrition

- Eat Two Servings of Fruits/Vegetables
- Eat a Low-Fat High Fiber Breakfast
- Have 1 or Less Sweet Treat
- Have 1 or Less Serving of Alcohol
- Drink an Additional Glass of Water

## Well-Being

- Practice Deep Breathing for 60 Seconds Two Times a Day
- Stop to Enjoy the Fresh Outdoor Air
- Eat Lunch Away From Your Workspace
- Wake up 15 Minutes Earlier & Take Time to Relax Before Your Day Begins
- [Watch Webinar: Developing Will-Power and Self Control](#)
- [Watch Webinar: Gratitude: A Skill for Happier Living](#)

To keep up to date with your wellness and healthy habits, visit:  
[www.blogs.svvsd.org/wellness](http://www.blogs.svvsd.org/wellness)

Participation is voluntary. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.

