



# Healthy Holidays Wellness Challenge

*Challenge Timeframe: Nov 14<sup>th</sup> through Dec 25<sup>th</sup>  
5 points in the Employee Rewards Program*

With the holiday season also comes a break in our normal healthy routines. It's easy to eat and drink our waist line into the next size up, skip that exercise routine, or forget to take a moment to de-stress. Learn to have some fun this holiday season and stay on track with your healthy habits!









**The Challenge Goal: Increase your healthy habits awareness during the holidays.**

### **What to do:**

Track the healthy behaviors you practice daily on the log sheet (next page). Enter the challenge completion date at the Mayo Clinic website.




### **Healthy Habits to Maintain Each Day:**

-  Exercise at least 15 minutes
-  Aim for 5-9 fruits and vegetables a day
-  Eat breakfast every day
-  Don't skip meals - breakfast, lunch or dinner
-  Limit sweets to 1 serving or less per day
-  Limit alcohol to 1 serving or less per day

**DEADLINE TO ENTER COMPLETION  
DATE ONLINE: DEC 31, 2011**

*Make sure to enter your completion date for this challenge online at the Mayo Clinic website before Dec 31, 2011. The 2011 Rewards Points Program will no longer be open after Dec 31<sup>st</sup>. The last day for this challenge is Dec 25<sup>th</sup>. If you need to enter a date prior to Dec 25<sup>th</sup>, you may use any date in Dec 2011 that has already passed. Thanks!*

To receive points log into the [Mayo Clinic website](#)

- > Click on the My Rewards link 
- > Click on the 2011 Reward Program link
- > Scroll down to find "Healthy Holidays"
- > Enter your completion date and click: [Did it](#)
- > Your points will be added to your overall point score

You must be registered at the Mayo website.  
Registration Unique ID: **healthiernasa**

