

www.explorationwellness.com



Healthy

Holidays Wellness Challenge



*Challenge Timeframe: Nov 15th through Dec 25th
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 distress. 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.

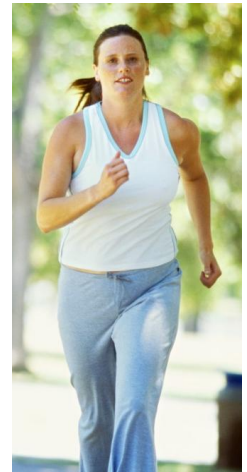
What to do:

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
- 🍎 Eat fruit and/or vegetables
- 🕒 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



- To receive points log into the [Mayo Clinic website](#)
- Click on the green Reward Program button
 - Click on the 2010 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**

MAYO CLINIC | **Embod**yHealth | ENHANCE YOUR LIFE

[Log Out](#)

[Reward Program](#) | [NASA HealthierYou](#) | [My Preferences](#)

Monitor My Health	Improve Lifestyle Habits	Manage Chronic Conditions	Make Treatment Decisions	Connect With Others	Health Info A-Z
-------------------	--------------------------	---------------------------	--------------------------	---------------------	-----------------

