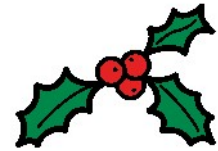


# HOLIDAY HEALTH & FITNESS CHALLENGE



FINANCIAL WELLNESS	HEALTH/ FITNESS	NUTRITION	MINDFULNESS	SOCIAL
Use a coupon at a store 	Get a flu shot 	Eat 5 fruits or veggies in one day 	Do something for YOURSELF	Complete a random act of kindness
Create a Budget 	Try a new fitness activity	CUT BACK on CAFFEINE for one day	Spend a day without social media 	Reconnect with an old friend 
Find a deal by price checking!	Do 30 mins of strength/weight training	 Drink 64 oz Water	GRATITUDE: Write 3 things you are grateful for in a journal	Spend time with family 
Prepare a meal over the weekend that can be used for the next week	Park car farthest from the door	Pack a healthy lunch 	Read for pleasure for 30 minutes	Write someone a Thank You note.
Turn your thermostat down before you leave the house	Get 30 mins of MODERATE- INTENSE exercise	Get 8 hours of sleep in one night	DONATE to those in need 	Attend a concert 