**Be healthy over the holidays.   
Join the Healthy Holidays Challenge!**

**What is the Healthy Holidays challenge?**

Healthy Holidays is an **8-week challenge** that encourages you to maintain or improve healthy habits. The program encourages good eating habits, being physically active, managing stress and getting enough sleep during the holiday season

**Why participate in the Healthy Holidays challenge?**

Practicing healthy habits can improve overall wellbeing during the holidays, which can be a stressful time for many people.

**When is the Healthy Holidays challenge?**

**Monday, [date before Thanksgiving] through Sunday, [date after New Year’s Day]**

Complete the **Healthy Holidays Challenge Tracker** each day you practice one or more healthy habits. Anyone who tracks healthy habits for at least 5 days each week will [win / be entered into the raffle for] [what prizes?].

Submit your tracker **by [date 3-5 days after end of challenge]** to [who? how?] to be eligible for the [raffle / prizes]

**Healthy Holidays!**

**Eat better. Move more. Sleep enough.   
Manage stress. Stay connected. Use a budget.**