



HEALTHY HOLIDAY **CHALLENGE**

Don't wait for the New Year to start your healthy resolutions. Set your personal goals and practice habits that support a healthy lifestyle throughout the holiday season with your colleagues.

Nov. 18, 2019 - Jan. 10, 2020
JOIN THE CHALLENGE

ALL PARTICIPANTS WILL RECEIVE:



Weekly emails with healthy tips, recipes, and resources for adopting and maintaining healthy behaviors



A online starter kit with challenge materials and tracker



A completion gift and a chance to win raffle prizes, including gift cards and a Fitbit Charge 3

CHALLENGE YOURSELF THIS HOLIDAY SEASON

JOIN THE CHALLENGE

hr.uci.edu/wellness

UCI HR | Wellness
Empower People Success