

2016 HOLIDAY CHALLENGE



It's that time of year again!



Welcome back to the *Eat Smart, Move More... Maintain, don't gain! Holiday Challenge*. If you previously participated in the Holiday Challenge some of your information is on file, but we want to make sure the information we have is up to date. Please use the following form to sign up for the 2016 Holiday Challenge. If you have already updated your profile, please ignore this email and we apologize for the redundancy.

If this step is not completed your registration will be incomplete and you will not be able to participate in the 2016 Holiday Challenge.

Sign up for 2016 Holiday Challenge

To earn your Well@Work wellness point for this challenge please complete the following 5 tasks:

Register for the 2016 Holiday Challenge. Forward your confirmation to wellatwork@jacksonnc.org

Follow *Eat Smart Move More Weigh Less* on social media: LinkedIn, Facebook, Twitter, YouTube or Pinterest for even more ideas on healthy recipes, increasing physical activity and making healthier choices.

- LinkedIn: [linkedin.com/company/eat-smart-move-more-weigh-less](https://www.linkedin.com/company/eat-smart-move-more-weigh-less)
- Facebook: [facebook.com/ESMMWeighLess](https://www.facebook.com/ESMMWeighLess)
- Twitter: twitter.com/ESMMWeighLess
- YouTube: [youtube.com/user/esmmWeighLess](https://www.youtube.com/user/esmmWeighLess)
- Pinterest: [pinterest.com/esmmweighless](https://www.pinterest.com/esmmweighless)

Share a holiday dish that you plan to substitute a healthy option with:

- Dish usually served: _____
- Healthier option substituted: _____

Share a healthy recipe you learned about during the challenge:

Share how you incorporated more physical activity during the holiday season:

Name: _____

Dept: _____ Phone: _____

Please return completed challenge log to wellatwork@jacksonnc.org or via interoffice mail to Jenifer Pressley at the **Cullowhee Recreation Center** by **January 6, 2017**.

