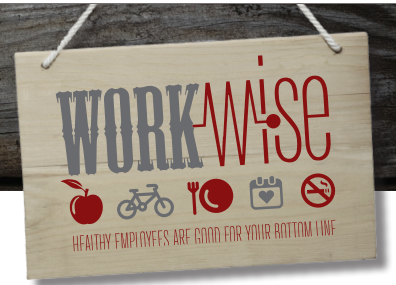


# 2019 Holiday Challenge



## It's that time of year again!

Eat Smart, Move More...  
Maintain, don't gain!

## HOLIDAY Challenge

<https://esmmweighless.com/holidaychallenge/>

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 2019 Holiday Challenge.

If this step is not completed your registration will be incomplete and you will not be able to participate in the 2019 Holiday Challenge.

### Sign up for 2019 Holiday Challenge

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

**Register** for the 2019 Holiday Challenge. Print your confirmation and submit with this log.

**Follow** *Eat Smart Move More Weigh Less* on social media: LinkedIn, Facebook, Twitter, 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](https://twitter.com/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:

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

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Name: \_\_\_\_\_

Dept: \_\_\_\_\_ Phone: \_\_\_\_\_

Please return completed challenge log via interoffice mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by **January 10, 2020**.

