

Holiday Health Challenge

The holidays are upon us. Rather than waiting for January 1 to begin making healthy lifestyle changes, why not start NOW?

From November 25th through January 3rd we will be holding a “Holiday Health Challenge”. This will be an opportunity to challenge yourself during the holiday season to make healthy lifestyle choices when we usually relax and “let ourselves go” – justifying it by saying, “I’ll get started in January”.

For each of the lifestyle habits listed below you accomplish each day, you’ll receive a point. The person with the highest point total for the 6 week competition wins. In the case of a tie, winners will be drawn for first, second and third prizes.

This is an “on your honor” competition – please keep it honest. The first prize winner will receive a new pair of shoes from Bell’s Running store in Greeley valued up to \$125. Second and third prizes are a \$50 and \$25 gift certificate from Bell’s.

Now is the time to start making the changes you know are necessary! Drs. Erik and Patricia will be doing this right along with you. A year from now, you’ll wish you started today. Have fun and we look forward to hearing all your success stories on January 3rd!

1. Water – Eight 8oz glasses of water each day is a great start. Put a check in the box each day you drink this much water.
2. Vitamins – Far too many of us have gaps in our nutrition plan that need to be filled with supplements. Each day you take your vitamins, put a check in the box.
3. 30 minutes of cardio – To express health fully, movement is required! For each day you perform 30 minutes of cardio exercise, check the box!
4. 6 Veggies – Color in your diet is important and veggies are essential! Check the box each day you eat 6 servings of veggies. (1C. = 1 serving)
5. Sleep – If you don’t sleep, you can’t heal! Each night you sleep at least 7 hours, put a check in the box!

If you’re interested in receiving weekly motivational emails, send a message to Dr. Erik @ drerik@weldfamilyclinic.com You will be added to a list exclusive to this challenge.