

# Holiday Health Challenge

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

From Thanksgiving Day, November 23<sup>rd</sup> through New Year's Day, January 1<sup>st</sup> 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 40 day 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 **\$180 account credit toward services!**

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 2<sup>nd</sup>!

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!
6. \*BONUS Chiropractic Adjustments – When you accumulate a total of 150 pts during your challenge, you will be awarded 3 bonus points for every visit to our office during this 40 day period.
7. \*EXTRA BONUS!!! Volunteer somewhere (food bank, church Thanksgiving or Christmas dinner, etc.), take a selfie, and tag @weldfamilyclinic and you'll get a one-time 10 point bonus!
8. This year we will be introducing a "deductions" column, deducting 1 point for not eating breakfast, consumption of an alcoholic beverage, and desserts or candies (basically refined sugar) will also count as a deduction of 1 point. We're not trying to punish you – just making you think about your choices!