Treat yourself to Healthy Holidays

JOIN THE CHALLENGE | Nov. 15 to Jan. 3 2019-20

Jumpstart your well-being this holiday season with the Healthy Holiday Challenge! This 8-week program encourages participants to cultivate their own wellness through weekly challenges, helpful tips, and supportive tools for adopting healthy behaviors during the holidays. It’s a simple way to stay mindful of healthy habits such as incorporating physical activity and healthy eating into enjoyment of holiday festivities.

Gift yourself a healthy you!

The first 400 participants to sign up will receive a participation prize. At the end of the challenge, fill out a final survey to enter a drawing for a grand prize!

SIGN UP at surveymonkey.com/r/healthyholidays2019

Formerly Maintain Don't Gain

UC Davis
Staff and Faculty Health and Well-being

Healthy UC Davis

Questions?
wellbeing@ucdavis.edu
(530) 752-6106