

30 Days of Holiday Wellness

The chart to the right represents *30 Days of Holiday Wellness*. Each day, participants pick any square and try to accomplish the challenge. If the challenge is achieved, participants date the challenge completion. **Only one challenge is allowed per day.**

The ultimate goal is complete all of the challenges in 30 days. To qualify for a chance to win a prize, a minimum of 23 challenges must be completed within the 30 days. Twelve lucky winners will be randomly drawn and rewarded with a \$25 gift card.

Looking for motivation for this challenge? Team up with a friend at NTC or form a group together and inspire each other to complete each challenge.

To take the benefit even further, try to implement past challenges into your daily schedule. For example, in the top-left corner, the challenge is to bring a piece of fruit to work for a snack. Once you complete this challenge, try to continue that behavior in that you will bring piece of fruit for a snack everyday.

30 Days of Holiday Wellness begins December 1 and ends on December 30. Forms must be returned to Student Life or emailed to chitwood@ntc.edu by January 5.

Have Fun, Give a Great Effort and Be Healthy!
HAPPY HOLIDAYS!

Bring a piece of fruit to work for a snack.	Check your blood pressure.	Drink 64 ounces of water.	Eat at least 4.5 cups of vegetables/fruit.	Exercise for at least 30 minutes to increase your heart rate.
Date:	Date:	Date:	Date:	Date:
Exercise for 30 minutes with a family member or friend.	Read a health and wellness article.	Exercise for at least 30 minutes to increase your heart rate.	Find a healthy recipe and make it for dinner.	Fun activity with family and/or friends.
Date:	Date:	Date:	Date:	Date:
Give up a food vice (soda, candy, coffee, etc.)	Give up television and the internet for 3 days.	For 3 days, do not work or run recreationally.	Strengthen or stretch for at least 20 minutes.	Stretch for at least 5 minutes.
Date:	Date:	Date:	Date:	Date:
Walk briskly for 15 minutes.	Workout for at least 30 minutes in the NTC Wellness Center.	Eat at least 4.5 cups of vegetables/fruit.	Exercise for at least 30 minutes to increase your heart rate.	
Date:	Date:	Date:	Date:	Date:
FREE DAY – Do whatever you want!	Find a healthy recipe and make it for dinner.	For one day, journal everything you and eat and drink and calculate your caloric intake.	Give up a food vice (soda, candy, coffee, etc.)	Park your car the farthest distance from your entrance of work or school.
Date:	Date:	Date:	Date:	Date:
Relax or meditate for 30 minutes in a dark and quiet area.	Exercise for at least 30 minutes to increase your heart rate.	Stretch for at least 15 minutes.	Walk briskly for 15 minutes.	Eat at least 4.5 cups of vegetables/fruit.
Date:	Date:	Date:	Date:	Date:

NAME: _____

STUDENT OR EMPLOYEE (CIRCLE)

STUDENT ID: _____