

Holiday Healthie Challenge  
Healthier Holidays for Real

It's so easy to be  
healthy during  
the holidays.

Really?



**Well, no.** But you can minimize the damage by taking a few tiny steps. We don't expect miracles, just have a little faith — in yourself.

Now comes your healthie challenge:

Remember the healthie? That's a selfie of you doing something healthy. Your challenge is to try and squeeze in a little health this holiday season.



You can do it

- Look for inspirational tips headed your way.
- Take your healthie pic showing your best effort and post it on     using #
- See how your coworkers are holding up by searching the hashtag.



An Anthem Company

It's on! #