

Holiday Healthie Challenge The struggle is real!

Healthy at the holidays? Is it even possible? Well, that's why it's called a challenge. But we're here to help. Now, what if we gave you realistic, simple tips that could actually get you through the holidays without doing too much damage to your health, would you take them? Okay, then let's do a holiday Healthie Challenge but with a big dose of reality.

You remember the Healthie Challenge right? That's when we ask you to take a selfie of you doing something healthy. This one might be the biggest challenge of all, but we have faith!

Ready? Your holiday Healthie Challenge is called: **Healthier Holidays, for Real.**

Here's a reminder of how it works:

- We'll send you healthie tips that are realistic. The kind that can help you sneak in a little exercise, keep your weight in check, avoid getting sick and more.
- Use the tips, then take some healthies and post them on your favorite social media site using “#<companyname>healthiechallenge.”
- Search the hashtag and see how your coworkers are holding up. (Maybe you want to give them a little encouragement.)
- Keep score with the healthie tracker we sent you. Compare and compete!

You've got this.

Your holiday healthie updates and tips are coming your way. But for now, we wish you healthie holidays!