

To: Wellness Program Participants

Re: Healthy Holiday Challenge

The Healthy Holiday Challenge empowers faculty and staff with tools and resources to enhance their well-being during the holiday season. Participants will receive a wellness giveaway item from Kaiser Permanente and if you log your progress each week, participants will be entered into a raffle for a chance to win 1 of 2 Fitbit Versas!

Weigh yourself on 11/20 to establish a benchmark, but do not record on the survey.

Challenge Details:

- Weight will **NOT** be tracked, only your progress each week.
 - Example: Week 2 (+ two pounds)
Week 3 (– one pound)
Week 4 (– two pounds)
- Weekly emails with resources to create and sustain healthy habits through the holidays.
- Weekly webinars hosted by Kaiser Permanente.

Get Started:

Click [HERE](#) register for the challenge

If you have any questions, please contact Hung Wu at 951-827-1009 or hung.wu@ucr.edu

Hung Wu, MHA
Wellness Program Coordinator
Hung.wu@ucr.edu

