



• personal wellness program from SNA •

Challenge: Stress-Less Holidays !

For many, the winter holidays—beginning with Thanksgiving and ending after the new year can be a long, stressful few months. Try a few of these suggestions to keep calm during the holiday season.

Instructions: Earn five (5) points for every occasion where you take time for personal relaxation. Go for a walk, try new stretches, read a book, or create a holiday playlist.

Name _____ Member Number _____ State _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Earned 25 Points? Submit your points online at:
www.mitmnutrition.wixsite.com/mistepschallenge/submit-points-1
by **January 4** to be entered in the drawing.

Total Points for the Month:

Sponsored



Note: The STEPS Challenge is not intended to replace medical advice. Before beginning this or any other nutritional or exercise regimes, consult your physician to be sure it is appropriate for you.