

Join the 2016 Wellness Challenge and Choose How You Will Be Well This Year!

The Challenge:

The 6 week wellness challenge gives you goals that you can customize to make work for your lifestyle. Weekly accountability with your Be Well team will help you create healthy habits that support overall long-term improved health and wellness.

The Goals:

2 Stress Management Activities Per Week

- ⇒ Examples include reading, yoga, mindful eating, meditation, journaling, or time away from screens and electronics.

0 Days Without Gratitude

- ⇒ Stress, depression and anxiety can be reduced by taking time to recognize our accomplishments and be grateful for those around us.

1 Physical Activity Every Day

- ⇒ Instead of setting unrealistic exercise goals, start by committing to daily movement. Track your steps, do a short online exercise video, stretch at your desk, sit less or join a gym or fitness class.

6 Servings of Fruits and Vegetables and 8 Cups of Water Per Day

- ⇒ Eating enough produce and staying hydrated are foundations of good health.

The Timeline and Accountability:

- ⇒ The 6 week challenge will run from 1/18/16 until 2/29/16. You will track your goals with the easy free phone App. MyFitnessPal, or use a paper tracker. Your goal trackers will be submitted to Be Well weekly on Mondays.

[Click Here to Sign Up!](#)



Please email Be Well at be_well@ehhd.org with any questions.