

# Healthy Holidays

## What is Healthy Holidays?

Healthy Holidays is a 6 week program where participants use a personal tracker, provided by Healthy Lifestyles, to check off when they complete certain challenges. Healthy Holidays encourages participants to focus on their overall health and well-being while learning about the 6 dimensions of health.

## Why focus on the 6 dimensions of health?

Wellness is more than exercise, nutrition, and physical health— it's the integration of our physical, intellectual, emotional, environmental, social and spiritual well-being. Research shows the key to overall health and wellness lies in finding a balance among all of the different dimensions. Healthy Holidays focuses on one of the dimensions of wellness each week.

## Who can participate?

All SLCo employees are welcome to participate in Healthy Holidays. Healthy Lifestyles participants (SLCo employees and spouses/adult designees) are eligible to receive 50 Healthy Lifestyles points for completing the challenge. If you are an employee but you are not in Healthy Lifestyles, you are still welcome to participate and are still eligible for prizes.

## When does the program run?

Healthy Holidays starts November 20th and ends December 31st.

## How do I earn points?

If you're a Healthy Lifestyles participant, you need to complete 4 activity challenges in each of the 6 dimensions of health (you can complete the challenges in any order) by the time the program ends on December 31st. Examples include holding open a door for a stranger, taking time to relax, and writing someone an encouraging letter. Healthy Lifestyles participants will earn 50 points when completing the challenge. *You will be sent a survey at the end of the program where you will indicate you completed all 24 challenges.* We will then add your points to Wellsteps.

## How do I keep track of what I'm doing?

A tracker will be emailed to you when the program begins. Use the tracker to keep tabs on the challenges you have completed for each dimension of wellness. The tracker is for your personal use. You do not need to turn it in.

## How do I get more information on this program?

Please email us at [MyHealthyLifestyles@slco.org](mailto:MyHealthyLifestyles@slco.org) for more information.

