



Healthy Holidays FAQ's

What is Healthy Holidays?

Healthy Holidays is a 6 week program that challenges participants to focus on their overall health and well-being while learning about 6 dimensions of wellness. To earn points, participants use a personal tracker, provided by Healthy Lifestyles, to check off health challenges throughout the program.

Why focus on the 6 dimensions of wellness?

Wellness is more than exercise, nutrition, and physical health— it's the integration of our physical, emotional, environmental, financial, cultural, 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 dimension 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.



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 wellness (you can complete the challenges in any order) by Jan. 9th. Healthy Lifestyles participants will earn 50 points after completing the challenge. You will be sent a survey at the end of the program where you will indicate that you have completed at least 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.

When does the program run?

Healthy Holidays starts November 19th and ends December 31st. However, participants have until January 9th to complete the 24 challenges and completion survey.

How do I get more information on this program?

Please email us at MyHealthyLifestyles@lco.org or call us at 385-468-4062 for more information.