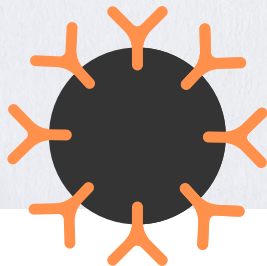


11/15/2020-1/31/2021
JOIN US IN THE FUN
TO STAY HEALTHY....

HOLIDAY HEALTH CHALLENGE

3 REASONS TO SIGN UP



Boost Immune System
for colder 'germy' months



Minimize holiday
weight gain



Decrease the effects
of holiday stress

IS YOUR OFFICE UP TO THE CHALLENGE?!

HERE ARE THE RULES....



MEASURES TO MONITOR

- Height, Weight, BMI
- Antioxidant Scores, energy levels (1-10) and stress levels (1-10)
- # of fruits & veggies per day
- How many hours of sleep per night
- How many steps a day
- How many minutes in sunshine per day
- # of processed foods, snacks and sugar intake
- Log vitamin intake... (e.g. Vitamins K2, D3, C, Zinc)

1

Each person will keep a diary on a points system.

-The aim will be to increase # of fruits, veggies, # steps, time in sunshine, hours of sleep (goal is 8 hrs.).

-Decrease intake of sugar, processed foods and snacks.

-Monitor energy & stress levels.

2

REPEAT
EACH MONTH

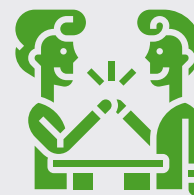


Then after one month, repeat: Calculate all measures & add up your points.

Continue for another month and then we will reassess all the above.

- Prizes* for the staff member(s) who has the highest cumulative points.
- Who improves antioxidant score** by the largest margin?
- Who increases Fruit & Veggie #'s, # of steps, time outdoors, & sleep hours?
- Who decreases sugar & processed foods intake?

3



INTEROFFICE
CHALLENGE

Let's see which office can claim they made the healthiest changes over the Holidays***!

*Prizes will be up to your individual employer

**Carol Anne will audit scores at each office monthly

***From November 15 to January 31, 2021



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