

**Win 1 of 3 Atrium Health Prizes valued at \$100!**



- **All** Atrium Health teammates are eligible to participate!
  - Keep a positive outlook and maintain a healthy balance during the holiday season with these daily suggestions
  - Complete the activities in any order
  - Start on Monday, Nov. 11 or **no later than Monday, Dec. 2<sup>nd</sup>, 2019** to complete the full four weeks
  - Complete a **minimum** of 15 of the suggestions to enter the Prize Drawing for 1 of 3 prizes
- Report your results by Sunday, January 5<sup>th</sup>, 2020 to enter the Challenge the Season Prize Drawing!**

✓ Put a check in the cell if you have practiced the suggestion; count total checks for your achievement.								Weekly Total
Week 1	Make a list of 3 goals to complete by the end of the week	Take the stairs! Make it an elevator-free day	Write down 3 things you are thankful for today	De-Clutter your car or desk	Send an encouraging text or email to 3 people today	Eat at least 2 fruits and 2 vegetables today	Turn off all screens at least 30 minutes before bed	
Week 2	Take a social media sabbatical- at least for 1 day!	Phone-A-Friend	Treat yourself to tea! Better yet- have tea for 2!	Unsubscribe from at least 5 emails	Play a board game	Eat your fiber- Have a high fiber breakfast.	Dance—Like Nobody's Watching!	
Week 3	Give recognition or encouragement to someone-send an eCard	Go Meatless	Try an app for meditation (i.e. Calm app)	Volunteer to help someone or a group in your community	Go outside- what (in nature) are you thankful for?	Schedule your annual wellness visit for 2020	Give yourself the gift of being PRESENT.	
Week 4	Count your breaths for 3 minutes	Self-inventory- What talent/ability are you most thankful for?	Create an EPIC salad, soup or smoothie. Fill with superfoods!	Perform at least 3 random acts of kindness	Try something new. Food, activity, hobby	Write down 3 things you are thankful for and WHY!	Reflect on your favorite holiday memory.	

**Report your results no later than Sunday, January 5, 2020 to be entered in the Challenge of the Season Prize Drawing:**

After completing **at least** 15 items on the checklist; go to PeopleConnect, select the LiveWELL logo, (or go to <http://livewell.atriumhealth.org>) and then select LiveWELL>Prevention and Wellness>Challenge of the Season. Report total number of days you complete the suggested goals.

**Questions:** Contact LiveWELL 704-355-8136 or email [LivewellEvents@AtriumHealth.org](mailto:LivewellEvents@AtriumHealth.org)

Total Activities completed:
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