






















HEALTH for the Holidays



P R O G R A M L O G

FILL IN SPECIFIC ACTIVITIES THAT YOU PLAN TO COMPLETE FOR EACH CATEGORY.
EACH TIME YOU COMPLETE ONE OF THESE ACTIVITIES, CROSS OUT THE CORRESPONDING PICTURE.

WEEK	FITNESS	STRESS MANAGEMENT	NUTRITION
1	 _____  _____		
2	 _____  _____	 _____  _____	
3	 _____  _____	 _____  _____	 _____  _____
4	 _____  _____  _____	 _____  _____  _____	 _____  _____  _____

TO EARN 20 “WELLNESS WEALTH” POINTS YOU MUST:

WEEK 1 – Perform two fitness activities

WEEK 2 – Perform two fitness and two stress management activities

WEEK 3 – Perform two fitness, two stress management, and two nutrition activities

WEEK 4 – Perform three fitness, three stress management, and three nutrition activities

MAY REPEAT SAME ACTIVITY FROM WEEK TO WEEK BUT NOT IN THE SAME WEEK.

Fitness Activities (must be separate from Fitness Center or home workouts claimed on log)

- Rollerblade for 30 minutes
- Use stairs instead of elevator all week
- Go to Gym and get ICC Fitness Center guest pass and work out 30 minutes
- Rake leaves at least 30 minutes
- Recreational activity one night per week (basketball, volleyball, skating, etc.)
- Go on a 30-minute bike ride
- Take a 30-minute hike
- Describe your own 30-minute fitness activity _____

Stress Management Activities

- Perform least favorite task first thing in the morning all week
- Clean and organize work area daily
- Personal time out for 30 minutes at home (read, listen to music, soak in bath tub, meditate, pray, etc.)
- Get a massage (bring receipt)
- Participate in a relaxation tape
- Set strict credit card limits
- Start an investment account (college account for kids, retirement, home purchase, etc.)
- Make an appointment with the Employee Assistance Program for problem-solving
- Create your own activity (describe) _____

Nutrition Activities

- Drink eight glasses of water per day
- Eat five servings of fruits and vegetables per day for two days
- Eat a meal with vegetables as the main dish
- Plan for 30 grams of fiber per day for two days (read the nutrition label)
- Substitute light or fat free salad dressing for regular all week
- Eat no more than four ounces of red meat per day all week
- Eat fish at least twice in one week

