



Introducing Healthy Holidays 2017-2018

Packed with activity, the holiday season is truly a wonderful time of year when you may find yourself surrounded by family, friends, and lots of FOOD. It starts with turkey, stuffing (with extra gravy!), and maybe one too many pieces of that amazing pie. It ends with a table full of pizza, chips, candy, drinks, and funny commercials intermixed with a football game. And in between: holiday parties, special desserts, big meals, New Years' celebrations, and, if you're not careful, a few extra pounds. There is no harder time to make healthy choices, which is why we are inviting you to participate in the 2017-2018 Healthy Holidays campaign and enjoy your holiday season the healthy way.

▶ WHAT:

Healthy Holidays is a campaign designed to encourage you to maintain your weight within two pounds from Thanksgiving through the Super Bowl. While weight loss is not the goal, if you desire to challenge yourself to lose weight during this campaign, you will find the tools and inspiration necessary to help you succeed.

▶ WHEN:

Log your initial weight **prior to Thanksgiving**.
Log your ending weight **by February 4, 2018**.

▶ HOW:

Sign up online at **beacon.circlewell.com** starting November 16th.
Login and click on the Healthy Holidays link to get started.



- Explore the Healthy Holidays web page to find a wealth of information about holiday eating, exercise, recipes, and more.
- Try the user-friendly activity tracker to sync a FitBit, log steps from your smart phone's Health app or another type of pedometer, or convert your activities to steps.
- Sign up to receive additional encouragement and tips throughout the campaign via email.
- "Like" us on the Circle Wellness Facebook page to get helpful articles and wellness inspiration throughout the year.

Making good choices during the holiday season is truly something to celebrate!!

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