



Healthy Holiday Challenge



Jumpstart your exercise and nutrition goals by participating in this 4 week contest!



December 16th – January 12th

- Exercise 30 minutes at least 5 days per week, and
- Eat 5 fruits and/or vegetables at least 5 days per week on the same day.
- Track your progress on the log sheet (to be provided).
- Hand in your log sheet at the end of the contest.
- Both daily requirements must be met to qualify for drawings.
- All employees and spouses are eligible to participate.
- Prizes will be drawn at Mulzer during the Annual Safety Meetings on March 11th & 12th and for Shamblin on January 25th.

Prizes include:

Schwinn Ellipticals, handheld GPR receivers, Schwinn bicycles, gift cards and more!

Don't pass this up!

Log sheets will be distributed in December or you can print yours out in the link below!