

Holiday Healthie Challenge
Healthier Holidays for Real

It's so easy to be
healthy during
the holidays.

Really?






Well, no. But you can minimize the damage by taking a few tiny steps. We don't expect miracles, just have a little faith — in yourself.

Now comes your healthie challenge:

Remember the healthie? That's a selfie of you doing something healthy. Your challenge is to try and squeeze in a little health this holiday season.



You can do it

- Look for inspirational tips headed your way.
- Take your healthie pic showing your best effort and post it on     using #
- See how your coworkers are holding up by searching the hashtag.



It's on! #

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