

Healthy Holidays

The holiday season will soon be in full swing and it can be tempting to relax on your health goals to make room for the extra goodies this season can bring. But the best way to go into a New Year is to end the current year well. Staying on track is easier than getting back on track and it's less challenging than you may think!

Challenges

Drink water with every meal

Strive for 7,500 steps each day

Indulge in your favorite treats in moderation

November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					