

## **Moving and Losing Through the Holidays**

Habits are something we do automatically. We couldn't do half the things we do without an autopilot. Your brain can only focus on a few things at once.

Developing a healthy lifestyle is a lot like learning to drive a car. It can take years to build the right habits, but once you do, you can maintain your health without giving it much thought. Imagine what else you could accomplish if taking care of your health happened automatically.

Are you ready to challenge yourself to make healthier habits for the next few weeks? Focusing on healthy habits each week, with support, will allow you to be successful throughout this challenge.

### **Topics and Challenges:**

Week 1: Eat Better to Feel Better | Tracking Challenge

Week 2: Why Sitting is the New "NO, NO" | Get Moving Challenge

Week 3: Making Fruits and Veggies a Priority | Eat the Rainbow Challenge

Week 4: What Does Healthy Really Mean? | Self-Care Challenge

Week 5: Why Your Drink Choice Matters | Hydrate Challenge

Week 6: Easy Steps for Success | One Healthy Step a Day Challenge

Week 7: How to Keep Health a Priority | Priority Wellness Challenge

### **How It Works:**

1. Each week you will receive an email/text with tips and resources you can use to live a healthier lifestyle along with a fun challenge to go with that week's theme.
2. Email/Text your challenge of the week results to Makenzie by Tuesday the week following the challenge to be entered into prize drawings.
  - o email [makenzie@markiieb.com](mailto:makenzie@markiieb.com)
  - o text (980) 521-4527
3. Be honest, have fun, and don't cheat yourself!
4. Grab a buddy and hold each other accountable!

***\*\*If you have any questions or concerns throughout the challenge, please reach out to Makenzie ([makenzie@markiieb.com](mailto:makenzie@markiieb.com)).***