

# Healthy Over the Holidays Challenge

Holidays can be a challenging time for maintaining both physical and mental health. Healthy Over the Holidays is an opportunity to better take care of ourselves with the added bonus of winning prizes! The challenge will run from **November 25 through December 20**. Track your healthy points over this time to win a prize for yourself or your location!

## Instructions

- Track and record your healthy activities (listed below) each day of the week. (Please do not engage in any activities or dietary changes that are incompatible with your medical needs.)
- Submit a group photo to the ANR Site Healthy Over the Holiday's photo contest. Photo should be of your site enjoying a group wellness activity. Staff Assembly Ambassadors must submit the group photo **by December 23**. Please email Kaela Plank (Wellness Committee Chair) at [krplank@ucanr.edu](mailto:krplank@ucanr.edu) if you do not know who your Ambassador is. One winning ANR location will be selected for best photo.
- Fill out the final survey (sent out at the end of the program) to be entered into a personal prize raffle!  
Four winners will be selected.

## Point System

There are four categories in which you can earn points:

### 1. Physical Activity (2 points maximum per day)

- Earn 1 point for walking, stretching, or other exercise during at least one work break.
- Earn 1 point for doing at least 30 minutes of moderate or intense exercise outside of work.

### 2. Nutrition and Hydration (2 points maximum per day)

- Earn 1 point for drinking at least 32 oz. of water during the weekday OR drinking water in place of a sugary drink.
- Earn 1 point for eating at least 5 servings of fruits or vegetables in a day.

### 3. Mental and Emotional Health (2 points maximum per day)

- Earn 1 point for doing at least 15 minutes of mindfulness time (meditation, focused breathing, journaling, gratitude)
- Earn 1 point for getting at least 7 hours of sleep in a night OR for ending screen time at least one hour before bed.

### 4. Social and Intellectual Health (2 points maximum per day)

- Earn 1 point for doing at least 30 minutes of a healthy social activity (e.g., practicing a hobby, doing art, spending time with a friend, volunteering, learning something new).
- Earn 1 point for doing something kind for 2 people.

Meditation Apps for Mindfulness and Mental Health	
App	Cost
Omvana	Free
Liberate	Free (tailored for people of color and marginalized audiences)
Simply Being	Free trial, then paid subscription.
Calm	Free trial, then paid subscription.
Headspace	Free trial, then paid subscription.
The Mindfulness App	Free trial, then paid subscription.

Serving Guidelines for Fruits and Vegetables
3–5 servings of vegetables per day or more, 2–4 servings fruit per day.
<b>1 serving =</b>
<ul style="list-style-type: none"> <li>1 cup raw fruit/vegetable</li> <li>½ cup cooked fruit/vegetable</li> <li>½ cup vegetable juice</li> </ul>
*Dried fruit and fruit juices can also be used to meet fruit servings but are less healthy due to higher sugar content.

Exercise Guidelines
150 minutes of moderate to vigorous exercise per week (30 minutes per day, 5 days per week)
<b>Examples:</b> Walking, jogging, hiking, swimming, playing a sport, dancing, gardening, cycling, resistance training or weightlifting.

<b>Date</b>	<b>Physical Activity</b>	<b>Nutrition and Hydration</b>	<b>Mental Health</b>	<b>Social Health</b>	<b><u>Daily Total</u></b>
Monday, Nov. 25					
Tuesday, Nov. 26					
Wednesday, Nov. 27					
Thursday, Nov. 28					
Friday, Nov. 29					
Saturday, Nov. 30					
Sunday, Dec. 1					
				<b>Weekly Total:</b>	
Monday, Dec. 2					
Tuesday, Dec. 3					
Wednesday, Dec. 4					
Thursday, Dec. 5					
Friday, Dec. 6					
Saturday, Dec. 7					
Sunday, Dec. 8					
				<b>Weekly Total:</b>	
Monday, Dec. 9					
Tuesday, Dec. 10					
Wednesday, Dec. 11					
Thursday, Dec. 12					
Friday, Dec. 13					
Saturday, Dec. 14					

Sunday, Dec. 15					
				<b>Weekly Total:</b>	
Monday, Dec. 16					
Tuesday, Dec. 17					
Wednesday, Dec. 18					
Thursday, Dec. 19					
Friday, Dec. 20					
				<b>Weekly Total:</b>	