

Take the Centerworks Holiday Health CHALLENGE and Give Yourself the Gift of Good Health



What better way to get your Holiday's off to a good start than to add just one more thing to the "To-Do" list, and commit to the Centerworks Holiday Health Challenge! I know you're laughing right now, but I'm serious...

This is the time of the year that everything else seems to take priority – parties, shopping, time with friends and family, big meals, baking cookies, eating, eating, and more eating... with a promise to yourself that your New Year's resolution will be to take more time for you, ramp up your workouts, and get back on track with healthy habits starting "next year."

Sure bodyweight can fluctuate and it might only be 1 extra pound, or up to 5 or 10 pounds... You know your typical November and December Holiday eating and activity patterns.

It's not so much about what you eat, we all know that you'll never out-exercise your diet. But what's more important is how much you're MOVING your body, managing your stress, making smart healthier choices with holiday treats, and managing portion sizes.


Let's make this your best Holiday Season ever!

Here's the Centerworks Holiday Health Challenge – Ready... 4,3,2,1, GO...

- **4 Days a week** (*minimum*)
- **30 minutes of Cardio**
- **20 Minutes of Strength & Conditioning**
- **10 Minutes of Stretching**

Workout a minimum of 4 Days a week from NOW until the NEW Year! You pick the days you're going to do the work, and the activities you enjoy. And if you get carried away and do a 45 min walk/jog instead of 30 min – SWEET! You've just given yourself a bonus fifteen minute health boost! (*But, here's the catch, your extra minutes do not carry over for you to "skip out" on another day's workout.*) Also, your Workouts for this challenge do NOT have to be completed in one continuous hour. It is perfectly ok, to break it up throughout your day. JUST strive to get everything done that you've committed to with this challenge, to take care of YOU before your head hits the pillow. OH and if you're bursting with extra energy and nothing else to do...feel free to do MORE than 4 days of workouts a week, but at a bare minimum this challenge is to get you to commit 4 of the 168 hours you've got each week to take care of your mind and body through the Holidays.

Start at any time. There is no cost, and no catch, to participate in this Centerworks Challenge... Just be consistent with your commitment. After all, the person that is going to benefit the most from participating is YOU!

Hope you'll join me. 



Centerworks® Holiday Health Challenge - Workout Tracker Ready... 4, 3, 2, 1, GO...

Use this 6-week tracker to get you from Thanksgiving thru New Year's. Commit to doing a minimum of FOUR workouts a week – to include 30 minutes of Cardio, 20 minutes of Strength, and 10 minutes of Stretching.

Strive to hit your Challenge commitment and give yourself the Gift of Good Health for the Holidays!

DAY	DATE 4 Days/Week	CARDIO activity	Time (30 min)	STRENGTH activity	Time (20 min)	STRETCHING activity	Time (10 min)	TOTAL TIME (Min 60 minutes)
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
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