



# Challenge: Stress-Less Holidays



• personal wellness program from SNA •

For many, the winter holidays—beginning with Thanksgiving and ending after the new year can be a long, stressful few months. Try a few of these suggestions to keep calm during the holiday season.

**Instructions:** Earn five (5) points for every occasion where you take time for personal relaxation. Go for a walk, try new stretches, read a book, or create a holiday playlist. Tally your points in the calendar below.

Name \_\_\_\_\_ Member Number \_\_\_\_\_ State \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 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

31

**Earned 50 points? Submit your points online at [www.schoolnutrition.org/steps](http://www.schoolnutrition.org/steps) by January 4 to be entered in the prize drawing.**

Total Points for the Month:



Note: The STEPS Challenge is not intended to replace medical advice. Before beginning this or any other nutritional or exercise regimen, consult your physician to be sure it is appropriate for you.