



# HEALTH CHALLENGE

★ 2010 Calendar ★

Health Challenges are self-paced, fun ways to help you stay motivated with your physical activity, nutrition, stress management, or financial well-being. In each challenge, you will receive informational emails and be asked to complete various requirements. If you successfully complete the challenge, you can enter our prize drawing!

## Healthy Weight in 2010

*Registration: December 1-31*

Healthy Weight 2010 draws on the strength and determination of Olympic athletes to help participants achieve their weight loss goals. This challenge combines motivating stories and practical information about nutrition and physical activity with innovative tools to help participants succeed. This program is perfect for the individual trying to achieve or maintain a healthy body weight.

JANUARY - Healthy Weight						
S	M	T	W	T	F	S
				Start 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
31 End						

### Upcoming Webinars:

Nutrition  
*SUPER Market Shopper*  
(Melanie)  
Monday  
January 04, 2010

Nutrition  
*Healthy Lunches that WORK*  
(Melanie)  
Monday  
February 01, 2010

## Spring Training

*Registration: February 1-28*

Since the 1860's baseball has been known as America's "national pastime." Just as there are fundamentals in baseball that are essential to the game, there are certain fundamentals when it comes to your health. Spring Training, a baseball themed health challenge, will encourage participants to improve their overall health habits by completing and tracking various healthy activities, each with a different point value. The goal is to earn 100 points in 1 month by eating healthy, being more physically active, and improving social and emotional health. So forget the peanuts and crackerjacks and take the Spring Training challenge!

MARCH - Spring Training						
S	M	T	W	T	F	S
Start 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	31 End			

Physical Activity  
*Nuts & Bolts of Physical Activity*  
(Joni)  
Monday  
March 01, 2010

Special Topic  
*4-10's Survival Guide*  
(Kelli)  
Thursday  
April 01, 2010

## Travel The Scenic Byways of Utah

*Registration: April 1-30th*

Travel with us as we venture off the beaten path along the back roads and byways of Utah's beautiful scenic areas. This challenge will assist you in setting a personal goal for activity and nutrition, and then taking specific action steps to achieve those goals. The goal is to earn 100 points in 1 month by developing a physical activity program for when you're on the road and choosing healthier options at diners and drive-ins. The challenge begins May 1 and runs through May 31, 2010.

MAY - Travel The Scenic Byways						
S	M	T	W	T	F	S
	Start 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	31	End		

### Upcoming Webinars:

Physical Activity  
*Fitness and the 4-10s*  
(Joni)  
Monday  
May 03, 2010

Stress  
Management  
*Unwind with Healthy Utah*  
(Maria)  
Tuesday  
June 01, 2010

## Money Matters

*Registration: June 1-30 2010*

With the current state of the economy money matters are on the forefront of most people's minds. The Money Matters challenge will provide the keys to accessing financial savings and treasures. Throughout the program participants will be awarded coins (points) to add to their financial treasure chest. The goal is to earn 100 coins (points) in one month by completing money saving activities each day. The activities range from making a grocery list to developing a budget. Each week helpful financial tips and information will be provided that will help you save money, budget, get out of debt, and stretch your dollar. The challenge begins July 1 and runs through July 31, 2010.

JULY - Money Matters						
S	M	T	W	T	F	S
			Start 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	31
						End

## What is a webinar?

A webinar, or "web seminar," is a 30-minute seminar designed to offer the same great information as our onsite seminars, but from the comfort of your computer or conference room. They do not require a certain number of people. We offer a specific webinar the first workday of each month at 12:00 PM. A recording of the seminar will be posted online and can be viewed anytime that is convenient for you and your staff.

## How do I attend a Webinar?

A link will be posted on the webinar schedule next to the name of the next month's webinar. Joining a webinar on a PC or Mac® computer is easy. Click the registration link and register for the webinar. You can then join the webinar at the scheduled time by clicking the "Join a Webinar" button or link in your confirmation email, which will be automatically sent to you after registering. You do not need to pre-install any software prior to joining the webinar. You will need to ensure that your computer has audio capability in order to hear the webinar.



Visit [www.healthyutah.org](http://www.healthyutah.org) for more details on these exciting programs!