



# December Wellness Incentives

## EAT

- Share your favorite Holiday recipe! 1 point , 2 points for a picture
- What is your New Year's Eve traditional meal? Tell us your meal tradition 1 point, share a picture 2 points
- Make sure you are drinking your water! 1 point for 3 days of tracking, 2 points for 1 week of tracking  
[Water Tracking Sheet](#)

## PLAY

- Take a walk around the nature trail. 1 point, max 3 points
- Use the trail for snowshoeing 2 points, share a picture 3 points
- Take advantage of free classes at local gyms and clubs over the holiday break! 1 point for trying something new, 2 points for a picture of you and the establishment

## LIVE

- Mental health is very important during the months with less sunlight! Try a [SAD therapy light](#)! They help boost mood, energy and sleep. 1 point for using for 1 week, 3 points if you tell us if/when you see an improvement
- Add a plant to your office or classroom. Plants are said to boost your mood! 1 point, 3 points for a picture of the plant and the location
- Volunteer over the holidays! 2 points for when/where and 3 points for a picture

Email your points to [employeeewellness@stcroixprep.org](mailto:employeeewellness@stcroixprep.org)

