

Healthy Holidays Challenge



December 1– 28, 2014

Beat holiday stress and weight gain by tracking healthy habits to earn points and win prizes!

Bonus points will be awarded by participating in local holiday events, while weekly challenges will take your creativity to the next level!

Prizes Include:

Fitbits,
Pedometers,
iTunes gift cards,
Ear buds,
Exercise cards

Visa pre-paid gift cards,
Fruit and veggie baskets,
Home Depot gift cards,
and more!

*Prizes may be subject to taxation

Register:

Email announcement_from_the_department_of_human_resources@columbus.gov with your name, department and phone number.

healthy **COLUMBUS**
CITY EMPLOYEE WELLNESS PROGRAM

THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR
DEPARTMENT OF
HUMAN RESOURCES