

12 Days of FITNESS Challenge

Participate in **at least 12 on-campus fitness activities** to be entered into a prize drawing! Each day that you engage in one of the activities below, mark the calendar day with an **X**. If you have at least **12 X's** by the end of the month, email to wellness@creighton.edu to be entered in a prize drawing!

What counts?

- Attend one of the **FREE wellness classes or walks** (marked with a Snowflake below)
- Walk at least 1 mile on the track at the KFC or Rasmussen
- Attend a **Group Fitness Class** or **Fitness Program class**
- Participate in the Exercise Science Bootcamp Classes
- Work out a minimum of 30 minutes in the KFC or Rasmussen Fitness Center



Drawing held on January 9. Questions? wellness@creighton.edu

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Like our Facebook page!		1 It's cold/flu season – wash your hands often & use hand sanitizer.	2 Open the house for 20 minutes to exchange fresh air.
3 Dress in layers to stay warm and dry during winter weather.	4  Santa Clause Core 12:15-12:45 PM @ KFC Multipurpose Room	5  Santa Clause Core 6:45-7:15 AM Or Mindful Mile @ KFC track 12-12:30pm	6  Indoor Snow Stroll (group walk) @ KFC Track 12-12:30 PM	7 Stand rather than sit as you address your holiday cards. 	8 Choose fresh fruit as a festive and sweet substitute for candy.	9 Take a walk in a shopping mall for your physical activity. They're well-lit and have flat surfaces.
10 Free 4 mile run through the downtown Christmas Lights display! 	11 Have your water bottle handy to keep hydrated. Drink 64 oz. of water daily.	12  Healthy Bite Seminar Holiday Finances 12-12:45pm @ Skutt 104	13  Jingle Bells & Med Balls 11:45 AM-12:15 PM @ KFC multipurpose room	14  Prancer Pilates 6:45-7:15 AM @ KFC multipurpose room	15 Dodge the seasonal blues  with sunlight!	16 Do not leave perishable foods out for more than two hours.
17  Work a Crossword puzzle to keep your mind active.	18  Indoor Snow Stroll (group walk) @ KFC Track 12-12:30 PM	19  Icicle Cycle & Tone 6:45-7:15 AM OR 11:45-12:15 PM @ KFC multipurpose room	20 Use time management skills for the holiday season. Organize your day the evening before.	21  Indoor Snow Stroll (group walk) @ KFC Track 11:45 AM-12:15 PM	22 Cook foods to the proper temperature. Refrigerate promptly.	23  Check out some of the FUN outdoor ice skating rinks around town!
24 Don't drink and drive. 31 Don't let others drink and drive.	25 Merry Christmas! 	26 Be grateful for the special people in your life.	27 Make time for yourself.	28 Get together with friends for a movie/lunch.	29 Turn off gadgets during holiday gatherings-enjoy friends & family.	30 Promote family fitness with CU's FITgirl Winter Wellness Lock In
Creighton Holiday Break						