Join us for a 6 week program designed to challenge you to adopt a healthier lifestyle.

Whether the goal is physical fitness, financial fitness, or lifestyle balance, each participant has the potential to be a winner! Pick the challenges you are most interested in and get started!

Participants will be eligible to enter our $1,000 Grand Prize Drawing when they return their completed checklists each Monday of the 6 weeks of the Healthy Lifestyle Challenge. Participants have 7 days to complete their weekly challenge and return the checklist. Forms must be submitted at the end of each week, weekly winners will be announced according to the following:

- **WEEK ONE** due by January 20. Winner will be announced on January 23
- **WEEK TWO** due by January 27. Winner will be announced on January 30
- **WEEK THREE** due by February 3. Winner will be announced on February 6
- **WEEK FOUR** due by February 10. Winner will be announced on February 13
- **WEEK FIVE** due by February 17. Winner will be announced on February 21
- **WEEK SIX** due by February 24. Winner will be announced on February 26

Grand Prize Winner Will Be Announced on February 26 at the Healthy Aging Expo 9 AM-12 Noon, The Venue at Friendship Springs, 7440 Friendship Springs Blvd, Flowery Branch, 30542

HEALTHY LIFESTYLE CHALLENGE
CHAMPION SPONSOR

THESE LOCAL BUSINESSES CAN HELP YOU ACHIEVE YOUR GOALS.

Northeast Georgia Hospital System (770) 219-9000
A Helping Hand Home Care (770) 530-1751
The Insurance Source (770) 532-1900
Allergy Asthma Sinus Center (770) 834-0534
The Joint (678) 940-7876
Northeast Georgia Diagnostic (770) 536-9864
Bemer (770) 540-7075
Center for Advanced Research & Education (678) 928-6476

**NAME:** __________________________________________
**AGE:** __________
**EMAIL ADDRESS:** __________________________________________
**PHONE NUMBER:** __________________________________________

**EXERCISE:**
- Walking/Hiking
- Weightlifting
- Cardio
- Outdoor Activity
- Sports
- Yoga
- Other

**NUTRITION:**
- Water Consumption
- Increased Vegetable Consumption
- Increased Fruit Consumption
- Avoided or Decreased Sugar Consumption
- Avoided or Decreased Caffeine Consumption
- Family meal together

**WELLNESS/STRESS REDUCTION:**
- Avoided or Decreased Tobacco Usage
- Avoided or Decreased Alcohol Usage
- Replace 30 minutes of electronic activity (phone, television, computer) with electronics free activity
- Reading for pleasure
- Relaxation/Meditation/Acupuncture
- Volunteering
- Spiritual

**CHECKUPS:**
- Get a physical
- Get a mammogram
- Get an eye exam
- Get a dental check up
- Get a colonoscopy
- Get a hearing test

**PROTECT MY FUTURE SELF:**
- Make appointment with accountant
- Make appointment with financial planner
- Make appointment with insurance expert
- Make appointment with banking expert
- Give Back

Make sure to mail in your Challenge form at the end of every week to be entered for the prizes. You can email them to contests@gainesvilletimes.com, drop them off Mon-Fri 8-5 at our front desk, or you can mail them to: Healthy Lifestyles Challenge 345 Green St Nw. Gainesville, Ga 30501.