

DECEMBER

This month's focus is on staying healthy over the holidays by engaging in cardiovascular exercise, practicing stress management, and getting an adequate amount of calcium.

POINTS (The *maximum* number of points that can be earned for each category is listed below.)



CARDIOVASCULAR EXERCISE (Walking, Biking, Swimming, Running, etc.)

- 30 minutes = 1 point
- 60 minutes = 2 points



STRESS MANAGEMENT







































































- 15 minutes = 1 point
 - o *See list of optional stress management techniques.*

Ca CALCIUM

- 1000 mg = 1 point

YOU MUST GET A TOTAL OF **20** POINTS TO REMAIN ELIGIBLE FOR YOUR MIP POINTS.

YOU MUST GET A TOTAL OF **75** POINTS TO BE ELIGIBLE FOR THE MONTHLY DRAWING.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 = NO STRESS  = Ca =	 = NO STRESS  = Ca =	 = NO STRESS  = Ca =	 = NO STRESS  = Ca =	 = NO STRESS  = Ca =	 = NO STRESS  = Ca =	 = NO STRESS  = Ca =
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