



## 12 DAYS OF *Christmas* CHALLENGE

Throughout the month of December, celebrate the joy of the season. Choose 12 different activities this month meant to spread health, happiness, and cheer. After you have completed 12 activities, take a selfie with your completed challenge. Tag #HealthyKnoxville and Knoxville Hospital & Clinics in a Facebook post AND email your selfie to [info@knoxvillehospital.org](mailto:info@knoxvillehospital.org). Three winners will be drawn on January 10 and will receive a \$25 gift certificate to The Coffee Connection.

### Activities

- Make a gingerbread house
- Pay it forward – buy someone coffee or lunch
- Attend a school or sporting event
- Go Christmas caroling
- Drink 64 oz. of water
- Leave a thank you note for your mail carrier
- Volunteer in your community
- Donate food to a local food bank
- Take a drive through the Merry-N County Christmas light display
- Bake cookies/treats for your friends and neighbors
- Make a meaningful donation to your favorite charity
- Wear a fun Christmas sweater/shirt
- Donate pet supplies to the Marion County Humane Society
- Exercise for 30 minutes
- Watch your favorite Christmas movie
- Ward off the wintertime blues – eat more servings of Vitamin D-rich foods (eggs, dairy, fish, etc.)
- Adopt a family in need this holiday season
- Set health and wellness goals for 2022

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