



CHARGER FIT WELLNESS

December 2020

UAH DASH-CEMBER - MOVESPRING CHALLENGE

Stay active with our final MoveSpring Challenge of 2020. The challenge begins December 7, 2020, and continues through, December 18, 2020. Participants who meet the daily goal of 8,000 steps five consecutive days to achieve a streak will be entered into a random drawing for a \$50 Amazon Gift Card. Happy stepping! Click [here](#) to join.



NATIONAL HANDWASHING AWARENESS WEEK—DECEMBER 1-7

December 1 – 7 is National Handwashing Awareness Week. According to the CDC, keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. Scrub your hands for at least 20 seconds. Hum the "Happy Birthday" song from beginning to end twice. For more information on when and how to wash your hands click [here](#).



2020 CHARGER FIT WINNERS

- January - **MoveSpring Sign-Up Challenge**— Alyse Taylor
- February- **Teladoc Sign-Up Contest** - Christa Creger
- March - **Health Assessment Contest**- Casey Calamaio, Whitney Keelon Margaret Parker, and Kaitlin Russell
- June - **Biometric Screening Contest** - Krissy Donaghey
Move to Fitness MoveSpring Challenge - Laurie Collins & Laura Taylor
- August - **Charge Into Summer MoveSpring Challenge** - Maggie Allen, Veronica Belser, and Samineh Gillmore
- September - **I Choose Wellness** - Jessica Jones
Step Into a September Reset Challenge - Denise Bishop, Chris Duling, and Emily Eichhorn
UAH Cookbook Recipe Contest - Diane Gibbs
- October - **Cutest Pet Contest** - Rory (Elisabeth Johnson)
College Face-Off MoveSpring Challenge - Emily Eichhorn & Brooke Graham



UPCOMING EVENTS

UAH DASH-CEMBER MoveSpring Challenge - DEC 7 - DEC 18

CHRISTMAS HOLIDAY - DEC 24 –DEC 31

NEW YEAR'S DAY - JAN 1

CONTACT US

256-824-2259

chargerfit@uah.edu

www.uah.edu/hr/wellness

@UAHChargerFit

CHARGER FIT WISHES YOU A SAFE AND



START SOME HEALTHY HOLIDAY TRADITIONS

December can be a stressful month for many people. It often brings extra social and financial obligations. It can cause a breakdown of healthy eating and exercise habits. It can also leave you feeling lonely or depressed. But you and your family can adopt some new traditions that may help ease the season's stress and make your holidays healthy and happy.

Your Physical Health

When the holidays become more than you bargained for, your health can be compromised. And stress can put extra demands on your body. Here are some tips on keeping up your health during the holiday season:

- **Don't do too much.** Give yourself some time to relax.
- **Share the workload.** Let everyone play an active role. Make the holidays a family affair so you're not burdened with all the work.
- **Set priorities.** You can't do everything. Say no to some of the demands on your time.
- **Simplify your life.** Be less elaborate this year. Relax your housekeeping and holiday preparations.
- **Continue to exercise.** Don't let your regular routine lapse.
- **Eat healthy foods.** Limit your consumption of high-fat holiday treats. Serve healthy fare at your family's holiday party.

Check out [American Behavioral](#) for more on healthy holiday traditions, recipes, personal growth, and much more

HEALTHY HOLIDAY EATING RECIPE

The holidays are usually the time when healthy eating takes a back seat to all the delicious holiday treats and goodies. Don't let the your holiday eating turn into holiday blues. Try this delicious healthy snack to keep you on the right track during the holidays.



Source: www.trailandeater.com

Cinnamon Apple Chips

No added sugar, no dehydrator required! Vegan, gluten-free, and healthy snack anytime

Prep Time: 5 minutes **Cook Time:** 2 hours **Total Time:** 2 hours 5 minutes

Ingredients: Apples, Cinnamon

Instructions:

1. Preheat oven to 200°F.
2. Thinly slice the apples, removing any seeds
3. Sprinkle cinnamon
4. Bake for one hour. Flip the apples. Bake another hour.
5. Let the apple chips cool, and eat!