



Staying Focused in Fall: A Positive Mindset & Healthy Habits Challenge

September 13th – November 5th, 2021

This 8-week event focuses on key aspects of emotional, nutritional and physical wellness to help you stay resilient, healthy and balanced.

Upon registration, you will receive a starter packet containing a goal setting sheet and two habit trackers. At the start of week 5, we switch into “sugar slash” mode, and begin monitoring daily sugar intake for weeks 5 through 8.

Everyone who submits their tracking sheets and completes a one-time, 15-minute phone (or virtual) Wellness Coaching check-in will be eligible for a prize!

Weekly email topic schedule:

1. Healthy immune support
2. Stress reduction/management
3. Mental & emotional health
4. 150 minutes of movement
5. Sneaky sugar: what to avoid
6. Sugar swaps: healthier sweets
7. Holiday sugar slim-down
8. Reflection and Maintain-No-Gain event



Session Information:

Getting Started

- Click [HERE](#) to register
- Schedule your one-time 15-minute phone or virtual coaching session
- Receive your starter packet and get tracking!
- Track your progress daily and honestly throughout the challenge
- Watch for the motivational emails and tip of the week to help you stay on track

Completion of Program

- The challenge ends on October 29th
- Submit your tracking sheets to Wellness Coach Tasha by Friday November 5th via email below, or drop off at the Wellness Center, to qualify for a prize!

To schedule an appointment, call the Elmbrook Wellness Center at:

262-214-1101

OR

email Tasha directly at: natasha.schultz@healthstatinc.com

Natasha Schultz, CWP

Wellness Coach

Tuesdays: 9:00am – 7:00pm

Thursdays: 7:00am – 3:00pm