



# Christmas Tree Wellness Challenge

**A three-week challenge beginning  
Monday, Dec. 5 and ending Friday, Dec. 23**

**Day 1:** Declare one thing you are thankful for.

**Day 2:** Visit an elderly family member.

**Day 3:** Give someone a hug.

**Day 4:** Give someone a compliment.

**Day 5:** Hang some Christmas lights.

**Day 6:** Volunteer at a local business, such as the soup kitchen in your area.

**Day 7:** Give someone a helping hand.

**Day 8:** Take in some fresh air with deep breaths, and exhale.

**Day 9:** Go for a walk.

**Day 10:** Drink eight glasses of water.

**Day 11:** Connect with a friend.

**Day 12:** Be thankful.

**Day 13:** Exercise for at least 20 min.

**Day 14:** Listen to some Christmas music.

**Day 15:** Smile at everyone today.

**Day 16:** Tell your siblings how much you love them.

**Day 17:** Donate old toys or coats to the Salvation Army.

**Day 18:** Wrap some presents.

**Day 19:** Commit to living healthy in 2017!

***Win Fun Prizes!***

*To register for the challenge, please contact: Toni Smith at 989.775.5624 or [TSmith@sagchip.org](mailto:TSmith@sagchip.org)*



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*"Working Together for Our Future"*

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