



Holiday Trio is a four-week campaign focused on health & well-being during the holidays. Challenge yourself and your family to complete at least 3 challenges per week for a total of 12 or more completed for the month. **Thrive Challenge (optional):** Take your trio to the next level by choosing one of the Thrive Challenge goals to focus on for better health this month.

1

GET READY FOR HOLIDAY TRIO

Pick up your participant guide from your on-site Ambassador and begin tracking on December 9th. You can, also, track and complete this campaign online in your LIVESMART portal.

2

COMPLETE 3 ACTIVITIES EACH WEEK

Complete three (3) or more activities each week and check off the box on your paper tracker or in your LIVESMART portal accordingly. Alternate activities and days of the week as you desire.

3

THRIVE THIS HOLIDAY SEASON (OPTIONAL)

Take your trio to the next level by choosing one of the Thrive Challenge goals to focus on for better health this month. Record a reflection on your goal progress on your tracker each week. Complete all four weeks of reflection during the month to be entered into a prize drawing.

4

SUBMIT YOUR CALENDAR

Complete this campaign in your LIVESMART portal or submit a completed calendar (12 or more activities) to your Ambassador by January 10, 2025 to receive 2025 campaign credit and to be eligible for a prize drawing (if applicable).

connect@livesmartoni.com | www.livesmartoni.com | 888-501-1252



































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HOLIDAY TRIO TRACKER

Complete the paper tracker and turn in your LIVESMART ambassador OR track on the LIVESMART portal by January 10, 2025.

Optional: Choose one of the Thrive Challenge goals and record your weekly reflections in the

Thrive column (see page 3 for goals and reflections). Complete all four weeks of reflection to be entered into a prize drawing.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	THRIVE (see page 3) Circle your monthly goal:  
WEEK 1	<input type="radio"/>  Make time for a hobby you enjoy today.	<input type="radio"/>  Cook a healthy meal with your family.	<input type="radio"/>  Take two 5 minutes stretch breaks.	<input type="radio"/>  Get 7-8 hours of sleep tonight.	<input type="radio"/>  Try a mocktail or other non-alcoholic beverage.	<input type="radio"/>  Go for a walk after lunch or dinner today.	<input type="radio"/>  Spend 5 minutes decluttering your living space or car.	<input type="radio"/>  Weekly reflection.
WEEK 2	<input type="radio"/>  Skip added sugar today and snack on fruit instead.	<input type="radio"/>  Try yoga or weight bearing exercise for stronger muscles.	<input type="radio"/>  Have a social-media free day.	<input type="radio"/>  Take a break from sugar by avoiding foods and drinks with added sugar.	<input type="radio"/>  Read for 15 minutes before bed.	<input type="radio"/>  List three things you are grateful for this season.	<input type="radio"/>  Get outside. Find a trail or park to walk.	<input type="radio"/>  Weekly reflection.
WEEK 3	<input type="radio"/>  Walk 10,000 steps today.	<input type="radio"/>  Increase your healthy fats by eating a serving of fish or nuts today.	<input type="radio"/>  Meditate or clear your mind for 5 minutes.	<input type="radio"/>  Plan out your meals for the first week of the New Year.	<input type="radio"/>  Get up and walk around or take the stairs each hour.	<input type="radio"/>  Compliment 3 people today.	<input type="radio"/>  Add protein to your breakfast: Try Greek yogurt, eggs, or almonds.	<input type="radio"/>  Weekly reflection.
WEEK 4	<input type="radio"/>  Have screen-free meals today.	<input type="radio"/>  Take a walk with a family member or friend.	<input type="radio"/>  Start the New Year with gratitude by thanking someone today.	<input type="radio"/>  Try a winter activity or new type of exercise today.	<input type="radio"/>  Limit your leisurely screen time to one hour today.	<input type="radio"/>  Incorporate a vegetable into each meal today.	<input type="radio"/>  Lend a helping hand to someone today.	<input type="radio"/>  Weekly reflection.

NAME: _____ COMPANY: _____ LOCATION: _____

EMPLOYEE
 SPOUSE

Thrive

THIS HOLIDAY SEASON

(OPTIONAL)

Take your trio to the next level by choosing one of the **Thrive Challenge** goals listed below for better health this month. Use this page to record your goals and progress for your personal records - this page does not need to be submitted to LIVESMART. Record your weekly goal reflections on your Holiday Trio Tracker (page 2) to be entered into the prize drawing.

MAINTAIN DON'T GAIN



The holidays can be challenging to navigate with extra opportunities to indulge. Set yourself up for success in 2025 by aiming to maintain your weight this month. Record your weight each week in the space provided or in your personal journal.

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

Weekly Reflection: Reflect on your successes and challenges this week. What will you do differently next week?

Tips for maintaining a Healthy Weight

- Be active with friends and family.
- Choose more fruits, vegetables, nuts, and seeds to fill up on fiber.
- Aim for half your body weight in ounces of water each day.
- Incorporate protein into each meal and snack to feel fuller.
- Use small plates at meals to help limit portions.

RETHINK YOUR HOLIDAY DRINKING



Holiday gatherings and celebrations may mean that alcohol intake is increased. Drinking alcohol, especially in higher amounts, can have adverse effects to physical and mental health. Set a goal for limiting alcohol intake this month and record your weekly reflections on your Holiday Trio tracker (page 2).

I WILL LIMIT ALCOHOL TO DRINKS
PER DAY / WEEK / SPECIAL OCCASION (circle one)

Weekly Reflection: Reflect on your successes and challenges this week. What will you do differently next week?

Tips for Limiting Alcohol

- Keep track with how much you drink by listing them somewhere – your phone or a note.
- Monitor your alcohol portions to be sure you aren't overconsuming with each drink.
- Be aware of triggers that increase your likelihood of overconsuming alcohol and plan to avoid them if possible.
- Share your goal with a trusted family member or friend for extra support.
- Practice strategies to help manage stress such as walking, reading, and listening to music.

THE GIFT OF GRATITUDE



The holidays can be stressful and increase feelings of anxiety or depression. Taking time to be intentionally grateful regularly can increase wellbeing, resilience, and overall happiness. Use the prompts to reflect on what you are thankful for each week.

WEEK 1

Weekly Reflection

What parts of your current life are you most grateful for?
What is something that occurred this year that you are thankful for?

WEEK 2

Weekly Reflection

Who are the people in your life you are thankful for?
How could you show them gratitude?

WEEK 3

Weekly Reflection

What is something you can do this week to show gratitude or kindness to someone else?

WEEK 4

Weekly Reflection

What are you looking forward to in 2025?
What are ways you want to practice gratitude in the New Year?

Winter Kale & Quinoa Salad



INGREDIENTS

- 1/2 cup uncooked quinoa, rinsed
- 6 cups chopped kale
- 1 cup pomegranate seeds
- 1/2 cup dried cranberries
- 1/2 cup walnuts, chopped
- 4 cup olive oil
- 2 Tbsp apple cider vinegar
- 1 tsp dijon mustard
- 1 Tbsp honey
- Salt and pepper to taste

INSTRUCTIONS

1. To make quinoa, add 1/2 cup of water to a small saucepan and add the quinoa. Bring to a boil, cover, and reduce heat to simmer for 13 minutes. Remove from heat, keep covered, and allow to sit for 5 minutes. Then fluff the quinoa with a fork.

2. In a large bowl, mix kale, quinoa, pomegranate seeds, dried cranberries, and walnuts.
3. Make the dressing by whisking olive oil, apple cider vinegar, Dijon mustard, honey, salt and pepper in a small bowl.
4. Add quinoa to salad and pour the dressing over. Toss everything together until evenly coated. Top with additional pomegranates, cranberries, and walnuts as desired.

Source: *EatYourselfSkinny Blog*

Cranberry Kombucha Mocktail

INGREDIENTS

- 1 slice ginger root (thinly sliced plus more for garnish)
- 1 sprig rosemary (plus more for garnish)
- 1/2 cup cranberry juice (unsweetened)
- 24 oz ginger kombucha (or other flavor of choice)
- 2 Tbsp cranberries (for garnish)

INSTRUCTIONS

1. In a pitcher, muddle sliced ginger and rosemary together using the end of a wooden spoon or muddler
2. Add cranberry juice and kombucha. Gently stir to combine.
3. Pour into ice-filled glasses (use a strainer if necessary) and garnish with sprigs of rosemary, a slice of fresh ginger and a few cranberries before serving.



Source: *Meal Garden*

Chocolate Peppermint Bark



INGREDIENTS

- 12 ounces semisweet chocolate, chopped
- 2 cups whole-milk plain Greek yogurt
- 1/2 teaspoon vanilla extract
- 1/4 cup mini semisweet chocolate chips
- 6 candy canes (about 3 ounces), crushed into small pieces
- 1/2 teaspoon coarse sea salt

INSTRUCTIONS

1. Line a rimmed baking sheet with parchment paper.
2. Place chopped chocolate in a double boiler over simmering water; heat, stirring often, until melted. (To improvise a double boiler: Bring 1 inch of water to a simmer in a medium saucepan over medium heat.

Place chocolate in a medium heatproof bowl that sits above the simmering water.)

3. Pour the melted chocolate onto the parchment-lined pan, spreading it into an even layer about 1/8 inch thick. Refrigerate until the chocolate just begins to set, about 10 minutes.
4. Meanwhile, combine yogurt and vanilla in a small bowl. Drizzle the yogurt mixture over the chocolate, and then lightly spread it in an even layer over the chocolate. Sprinkle with mini chocolate chips, candy cane pieces and salt.
5. Freeze until the yogurt is completely set, about 2 hours. Break into 20 pieces; serve frozen.

Source: *EatingWell*