SHARECARE CHALLENGES
DECEMBER 2023

Making healthy choices isn't always easy, especially when temperatures drop, stress rises, and the days become darker. It can be hard to find the time and energy to exercise regularly, prepare healthy meals, practice self-care, and ensure that you're getting enough quality sleep. But taking some steps to protect your health can help you thrive during the winter months. Remember, even small changes can make a difference!

Starting this month...

Winter Walking Challenge
December 1, 2023 - February 29, 2024
Goal: Track 300K Steps

Winter Wellness Challenge
December 1, 2023 - February 29, 2024
Goal: Earn 75 Green Days

For more information, go to mycare.sharecare.com and click the Achieve icon, then Challenges.

Please note: The Sharecare Platform will be sunsetting December 31, 2023.

Rethink Your Drink

Track diet for 31 days

One simple way to avoid overindulging during the holidays: Rethink your drink. Eggnog, peppermint lattes, hot apple cider, holiday punch, and other seasonal beverages may be loaded with calories, but have little nutritional value. In fact, sometimes these drinks are more like desserts. Be mindful of your choices this month, and try to limit your intake of drinks with added sugars and cream

Snuggle Up

Track sleep for 31 days

Shorter days and reduced exposure to sunlight during winter can affect your circadian rhythm—the 24-hour internal body clock that tells you when it's time to be sleepy and when you should be fully awake.
The darker winter months cause your body to produce more melatonin, a hormone that makes you sleepy. As a result, you may feel tired more often. Practicing good sleep hygiene can help you keep your body clock running smoothly.

Healthier Holidays

Track for 31 days

'Tis the season for family, festivities—and food. But the holidays don't have to completely derail your healthy eating goals. Sample some of your seasonal favorites, but don't skips meals so you can overeat later. And be sure to limit your portions and eat mindfully so you're more likely to stop when you're full. It's also a good idea to start off with healthier food choices. This way you may be less likely to overdo it on sweet or savory treats.

Relax and Recharge

Track stress for 31 days

Mindfulness is a form of meditation that involves being very aware of how you are feeling at a particular moment in time. You are simply present in the moment without ruminating, judging, or planning.
Studies suggest that mindfulness meditation helps people avoid reacting with negative thoughts or emotions during stressful times.

Fitting in Fitness

Track 155K steps

Is the holiday hustle causing your anxiety level to rise? Do one simple thing to help keep your stress in check: Walk. Head outside for a stroll—either alone for some quiet time or with a friend or loved ones. Physical activity provides some immediate health benefits. It can help you relax by lowering stress hormone levels and triggering the production of mood-boosting endorphins.