

# HEALTHY LIFESTYLE CHALLENGE

Celebrating a New You in 2012? Join us for a 13 week program designed to challenge you to adopt a healthier lifestyle.

Whether the goal is to become fit, eat healthier, or reduce stress, each participant has the potential to be a winner! Pick the challenge(s) you are most interested in and get started!

Look for recipes, tips and more motivating information each Thursday in our Healthy Lifestyle Challenge section.

**We'll have weekly prizes, announced Thursdays.** Participants who return their challenge log each week of the contest will be eligible for our **\$1000 Grand Prize** drawing. Logs may be turned in to Pavitt's Health and Fitness, the Alaska Club or to the Juneau Empire on Monday of each week. Weekly winners will be announced in our Thursday Healthy Lifestyle Challenge. The Grand Prize Winner will be announced in the April edition of Body&More.

Weekly logs will be printed each Sunday in the Juneau Empire and will be available online at [juneauempire.com](http://juneauempire.com). Look for the Healthy Lifestyle Challenge box near the bottom left of the Home Page.

Turn in your Log every Monday to Pavitt's, JRC, or The Juneau Empire

- Week 1: Sunday, January 15 – Saturday, January 21
- Week 2: Sunday, January 22 – Saturday, January 28
- Week 3: Sunday, January 29 – Saturday, February 4
- Week 4: Sunday, February 5 – Saturday, February 11
- Week 5: Sunday, February 12 – Saturday, February 18
- Week 6: Sunday, February 19 – Saturday, February 25
- Week 7: Sunday, February 26 – Saturday, March 3
- Week 8: Sunday, March 4 – Saturday, March 10
- Week 9: Sunday, March 11 – Saturday, March 17
- Week 10: Sunday, March 18 – Saturday, March 24
- Week 11: Sunday, March 25 – Saturday, March 31
- Week 12: Sunday, April 1 – Saturday, April 7
- Week 13: Sunday, April 8 – Saturday, April 14

**GRAND PRIZE WINNER ANNOUNCEMENT  
SUNDAY, APRIL 22, 2012!**



## Healthy Lifestyle Challenge Log – Week \_\_\_\_\_



NAME (INDIVIDUAL/GROUP): \_\_\_\_\_

AGE(S): \_\_\_\_\_

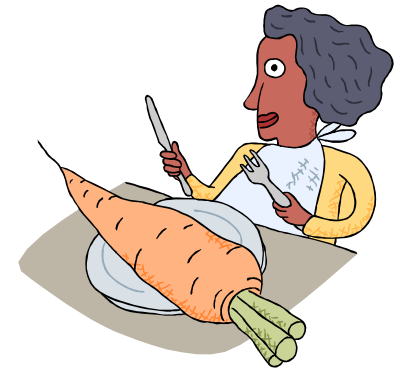
EMAIL ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

Publicity Release: I hereby grant to the Juneau Empire and all Contest Sponsors, and their respective assigns, the absolute right and permission to use my name, address, photograph and/or likeness in any and all advertising and promotional materials, in any manner or media whatsoever, for purposes of advertising, trade or promotion. I acknowledge and agree that I shall have no right of approval, no claim to any compensation, and no claim arising out of the use, alteration, or distortion of my name, address, photograph or likeness.

SIGNATURE: \_\_\_\_\_

	Goal	Su	M	T	W	Th	F	Sa
<b>Exercise:</b>								
Walking/Hiking								
Weightlifting								
Cardio								
Outdoor activity								
Yoga								
Sports								
<b>Nutrition:</b>								
Increased vegetable consumption								
Increased fruit consumption								
Increased whole food consumption								
Adequate water consumption								
Family meal together								
Avoided or decreased sugar consumption								
Avoided or decreased fast foods								
Avoided or decreased fried foods								
Avoided or decreased sodas and juices								
Avoided or decreased alcohol useage								
<b>Tobacco Cessation:</b>								
Avoided tobacco use								
Decreased tobacco use								
<b>Stress Reduction:</b>								
Relaxation/meditation								
Reading for pleasure								
<b>Unplugged:</b>								
Replace 30 minutes of screen time (TV, electronic games, computer) with a screen-free activity								
Replace 30 minutes of headphone time (music, bluetooth) with a sound-free or low-sound activity								
<b>Comments/Notes:</b>								



## Success



COREY M. PAVITT, DC

Ellen and I are very excited to be a part of the Healthy Lifestyle Challenge. This is a contest where all of us have a chance to be winners. What ever changes you would like to make in your life are possible and we want to support you. Little changes can make a big difference in our quality of life. And this is what this contest is really all about, quality of life.

Whether you are interested in losing a little weight permanently, or simply eating better and being a little more active because you want to feel better and be healthier, we will be giving you helpful information and a fun way to stay motivated and track your progress. Maybe your goal is to quit smoking, or maybe you would just like to reduce some of the stress in your life. Regardless of your goals or motivation, we applaud you for making the effort and wish you a successful, healthy, and happy New Year and beyond.

Yours in good health,  
Corey



789-5556