

Health FOR THE Holidays

Spots are limited.

2024 UC HEALTHY HOLIDAYS CHALLENGE

REGISTRATION Opens November 1
CHALLENGE Runs November 25 - December 22

Picture yourself having a healthier, happier holiday season.
Represent your UC Location in the 2024 systemwide
4-week nutrition and fitness challenge.



Join our team to represent UCI in the UC Healthy Holidays Challenge and for a chance to win raffle prizes.



Record daily nutrition and physical activity progress starting Nov. 25 with your favorite tracker or on your mobile or desktop device.



For more information about all UCI Healthy Holiday offerings, visit hr.uci.edu/wellness

Register starting November 1 at
<https://uc.healthfortheholidays.com>

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