

A healthy, holiday

SCAVENGER HUNT

Take a photo of each of the following

Complete submissions will be entered into a drawing for gift basket of prizes!

1. A photo from your stretch break
2. Your favorite hallway for indoor walking
3. An image from your walk in the park
4. Your healthy lunch
5. The wellness room (1st floor)
6. A wellness bulletin board
7. The ChallengeME website
8. Proof that you've been to or signed up for health coaching
9. A photo from a wellness lunch and learn
10. Your favorite bottle for drinking water
11. A health-related news article or book (exercise, nutrition, etc.)
12. Taking the stairs - photo from the 4th floor stairwell landing
13. An exercise or food journal
14. Your favorite color
15. Your favorite co-worker
16. Your cubicle
17. The cafeteria or lunch room
18. A snowflake or leaf
19. Your favorite healthy recipe
20. A holiday decoration

Submissions due December 28!

Email your photos to:

kara.a.aguilare@maine.gov

(please number your photos!)