



WEEK	ACTION/ACTIVITY	RESOURCES
Week of December 25th	<ul style="list-style-type: none"> <li>Start planning for January</li> <li>Consider having a lunch and learn or training on healthy behaviors</li> <li>Consider running a new year health challenge</li> <li>Promote events on company's social media site and company intranet sites</li> </ul>	<ul style="list-style-type: none"> <li>Resources: <a href="#">National Staying Healthy Month Guide</a></li> <li>Resources- <a href="#">Anthem: Fitness and Nutrition Toolkit</a></li> </ul>
Week of January 1st	<ul style="list-style-type: none"> <li><i>Distribute podcast Putting Health at the Top of the List</i></li> <li><i>Promote lunch and learns and/or challenge</i></li> </ul>	<ul style="list-style-type: none"> <li>Podcast- Anthem: <a href="#">Putting Health at the Top of the List</a></li> </ul>
Week of January 8th	<ul style="list-style-type: none"> <li>Distribute article Fitting Fitness into your Day</li> <li>Promote lunch and learns and/or challenge</li> </ul>	<ul style="list-style-type: none"> <li>Article- Anthem: <a href="#">Fitting Fitness into your Day</a></li> </ul>
Week of January 15th	<ul style="list-style-type: none"> <li><i>Distribute article Getting a Good Night's Sleep</i></li> <li><i>Promote lunch and learns and/or challenge</i></li> </ul>	<ul style="list-style-type: none"> <li>Article- Anthem: <a href="#">Getting a Good Night's Sleep</a></li> </ul>
Week of January 22nd	<ul style="list-style-type: none"> <li><i>Distribute email Creating a Healthy Action Plan</i></li> <li><i>Promote any other planned events</i></li> </ul>	<ul style="list-style-type: none"> <li>Email- Anthem: <a href="#">Creating a Healthy Action Plan</a></li> </ul>
Week of January 29th	<ul style="list-style-type: none"> <li><i>Wrap challenge and distribute rewards to participants/winners</i></li> <li><i>Distribute Fitness and Nutrition Materials</i></li> </ul>	<ul style="list-style-type: none"> <li>Anthem: <a href="#">Fitness and Nutrition Toolkit Materials</a></li> </ul>