



SANTA'S CHECKLIST

HOLIDAY WELLNESS CHALLENGE

October 15 - January 15



NAME _____

NUMBER _____

EMAIL _____

DIRECTIONS

The holidays are busy, but small daily habits can help you build health through every season. Integrating wellness techniques into your lifestyle help you feel calmer, healthier, and more energized. Below is a list of habits across four areas of wellness: Mental Health, Physical Activity, Nutrition, and Rest.

Circle or reflect on 3 to 5 habits from the lists below that feel realistic for you throughout the challenge. Using the calendar on the back (October 15 – January 15), check off each habit as you complete it daily. This challenge emphasizes consistency because small, repeatable actions compound over time and help you to make sustainable progress no matter the season.

MENTAL HEALTH

- Practice 5 minutes of mindfulness, meditation, or prayer
- Write down 3 things of which you're grateful
- Build relationships - check in on someone you care about
- Journal your thoughts and feelings
- Practice a breathing exercise
- Check in on a family member or friend
- Make a holiday budget

PHYSICAL HEALTH

- Walk 7,000 steps or more
- Stretch for ten minutes
- Exercise for 30-60 minutes
- Take the stairs instead of the elevator
- Dance or move to your favorite music for 15 minutes

NUTRITION

- Eat three (3) servings of vegetables
- Eat two (2) servings of fruit
- Remove added sugar for the day
- Practice mindful, unhurried eating during one meal
- Drink at least 8 cups (64 oz) of water per day
- Abstain from alcohol for a week (min. 4 weeks)
- Create three (3) healthy meal plans to add to your rotation

REST

- Get 8 hours of sleep
- Set a consistent bedtime
- Avoid screens for 30 minutes before bed
- Take a short 10-15 minute break (without technology) during the work day
- Wind down with a relaxing bedtime routine

INSTRUCTIONS

Please return pages one and two back to The Chamber office at 2700 Vine St. by January 25 to be entered into the prize drawing.

Nearly \$1000 in prizes will be given, including items that can help you on your wellness journey.

Be sure to check out pages 4-7 for information on fun and informative events to help you find success with the challenge!



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HOLIDAY WELLNESS CHALLENGE

October 15 - January 15



OCTOBER 2026	S	M	T	W	T	F	S
					☐ 15	☐ 16	☐ 17
☐ 18	☐ 19	☐ 20	☐ 21	☐ 22	☐ 23	☐ 24	☐ 25
☐ 26	☐ 27	☐ 28	☐ 29	☐ 30	☐ 31		

NOVEMBER 2026	S	M	T	W	T	F	S
☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8
☐ 9	☐ 10	☐ 11	☐ 12	☐ 13	☐ 14	☐ 15	☐ 16
☐ 17	☐ 18	☐ 19	☐ 20	☐ 21	☐ 22	☐ 23	☐ 24
☐ 25	☐ 26	☐ 27	☐ 28	☐ 29	☐ 30		

DECEMBER 2026	S	M	T	W	T	F	S
		☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 13	☐ 14
☐ 15	☐ 16	☐ 17	☐ 18	☐ 19	☐ 20	☐ 21	☐ 22
☐ 23	☐ 24	☐ 25	☐ 26	☐ 27	☐ 28	☐ 29	☐ 30

JANUARY 2027	S	M	T	W	T	F	S
						☐ 1	☐ 2
☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10
☐ 11	☐ 12	☐ 13	☐ 14	☐ 15			

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Challenge Starts Chamber Walk	16	17 Power Hour Workout
18	19 Healthy Tailgating with the Herd	20 Free HRC Drop-in Table Tennis	21 Free HRC Drop-in Volleyball	22	23	24 Power Hour Workout
25	26	27 Free HRC Drop-in Table Tennis	28 Stay Social, Stay Sharp Workshop	29	30	31 Power Hour Workout

CHAMBER WALK

October 15th - **The HaysMed Fitness Trail** - 5:30 to 6:30 p.m.

Join Sarah Wasinger from The Chamber in Hays, Kansas for a healthy walk around the fitness trail to kick off the Wellness Challenge. Bring a water bottle and a friend!

SATURDAY POWER HOUR

Saturdays - **The Body Shop** - (620 E 8th) - 9:00 to 10:00 a.m.

Saturday Power Hour is a free, coach-led group workout designed for all fitness levels. Each week features a different mix of strength, conditioning, functional movements, and team challenges, all in a fun, supportive environment.

HEALTHY TAILGATING WITH THE HERD

October 19th - **Healthy Buffalos Activity Center** - (229 W 10th St) 7:00 to 8:00 p.m.

Looking for fresh ideas for your next gathering? Come taste, try, and explore creative snack, dip, and learn how small swaps can make an impact on your health.

FREE DROP-IN TABLE TENNIS

Every Tuesday - **Hays Recreation Commission** - 12:00 p.m.

Stop in over lunch hour and enjoy some friendly table tennis. Will play doubles, cutthroat, or singles depending on the number of people.

FREE DROP-IN VOLLEYBALL

October 21st - **Hays Recreation Commission** - 7:30 p.m.

Come make new friends, exercise, and have fun all at the same time, with drop-in volleyball at HRC.

STAY SOCIAL, STAY SHARP

October 28th - **Hays Public Library Schmidt Gallery** - 10:00 a.m.

Join the Cottonwood Extension District for an empowering program designed to show you exactly how friendship and community protect your brain.

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Free HRC Drop-in Table Tennis	4	5	6	7 Power Hour Workout
8	9	10 Free HRC Drop-in Table Tennis	11	12	13	14
15	16 The ARC Thriftmas	17 Free HRC Drop-in Table Tennis	18 Free HRC Drop-in Volleyball	19	20	21 Power Hour Workout
22	23 HPMHC Coping with Holiday Stress	24 Free HRC Drop-in Table Tennis	25	26	27	28
29	30					

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FREE DROP-IN VOLLEYBALL

November 18th - **Hays Recreation Commission** - 7:30 p.m.

Come make new friends, exercise, and have fun all at the same time, with drop-in volleyball at HRC!

THRIFTMAS

November 16th - **The ARC of Central Plains Thrift Store** - 5:30 to 6:30 p.m.

We'll explore ways to make the most of your holiday season while being thoughtful about what you spend including ideas for gifts under \$10 and more!

COPING WITH HOLIDAY STRESS

November 23rd - **Virtual Lunch 'N Learn - High Plains Mental Health Center** - 12:00 p.m.

Join Kaley Conner from HPMHC to learn more about how to cope with Holiday Stress.



December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Walk with the Herd Free HRC Drop-in Table Tennis	2	3	4	5 Power Hour Workout
6	7	8	9 Make Active Habits Stick	10	11	12 HRC Class CHI Class Power Hour Workout
13	14	15	16	17	18	19 Power Hour Workout
20	21	22	23	24	25	26 Power Hour Workout
27	28	29	30	31		

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HEALTHY BUFFALOS WALK WITH THE HERD

December 1st - **FHSU Gross Memorial Coliseum** - 7:00 to 8:00 p.m.
We'll spend time exercising and walking on the indoor track at the FHSU Gross Memorial Coliseum.

MAKE ACTIVE HABITS STICK

December 9th - **Extension Office | Lunch 'N Learn** - 12:00 p.m.
Join the Cottonwood Extension District to learn how to combat barriers with proven habit-formation techniques. Plan for setbacks, adapt to life changes, and find support.

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TABATA & TEA GROUP CLASS

December 12th - **Hays Recreation Commission** - 7:30 to 8:15 a.m.
What a perfect Saturday morning. Get your heart pumping with a workout, stretch with yoga, and then relax with a cup of tea and muffins to stay or to go.

ALL AGES GROUP FITNESS CLASS

December 12th - **The Center for Health Improvement** - 10:30 to 11:30 a.m.
Please check-in at front desk
All ages and fitness levels welcome to enjoy a group fitness class to start your weekend.

January 2027

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Power Hour Workout
3	4	5	6	7 Yoga with the Herd	8	9 Walk The Indoor Track Power Hour Workout
10	11	12	13	14	15 Challenge Ends	16
17	18 Return your challenge forms to The Chamber office or email them to hayscc@hayschamber.com.	19	20	21	22	23
24	25 Form Turn-In Deadline	26	27	28	29	30
31						

HEALTHY BUFFALOS YOGA WITH THE HERD

January 7th - **Healthy Buffalos Activity Center** (229 W 10th St) - 8:00 p.m.

This is an inclusive and fun opportunity to stretch, move, and focus on your physical well-being. We'll enjoy a welcoming wellness experience where everyone can participate, move at their own pace, and have some fun along the way!

WALK THE INDOOR TRACK

January 9th - **The Center for Health Improvement** - 9:00 to 10:00 a.m.

Please check-in at front desk

All ages and fitness levels welcome to enjoy a morning walk along the indoor track.

SATURDAY POWER HOUR

Saturdays - **The Body Shop** - (620 E 8th) - 9:00 to 10:00 a.m.

Saturday Power Hour is a free, coach-led group workout designed for all fitness levels. Each week features a different mix of strength, conditioning, functional movements, and team challenges, all in a fun, supportive environment.

Would you like to host a wellness event for our
Holiday Wellness Challenge?

The deadline is October 23rd. Reach out today!
krfrasier@ksu.edu