



New Year, New You!

Turn Your Resolution into a Lifestyle:
Take the 8-week Challenge



Welcome to New Year, New You!

Challenge Overview: This 8-week program helps participants to transform their resolution into a lifestyle. This challenge is based on the stages of change (The Transtheoretical Model) to create lasting healthy, concrete lifestyle changes.

Everything You Need! All challenges include customization, tracking card, promotional materials, education materials, plus a follow-up evaluation of your program. AdvantageHealth can also provide weekly administrative support.

The challenge covers:

- Planning your Resolution
- Goal Setting
- Planning your S.M.A.R.T. Goals
- Scheduling & Time Management
- Making it a Habit
- Rewards
- Fall Seven Times, Stand Up Eight
- Stress Management

