



Delhi Hospital & Clinics
Employee Wellness Program



Week 6 Mini Challenge

**Junk Food
Temptation**

JUNK FOOD TEMPTATION

Even outside of the holidays, it feels like our shopping environments are constantly barraged with junk food. The majority of food and beverage checkout offerings are candy, gum, chips, and soda. Placement is a powerful retail marketing technique that can prompt impulse buys. Simply seeing a product can activate an urge to consume it and this presents yet another temptation during the holiday season. You do not have to eliminate sugar or say no to every holiday treat. By making small changes and indulging occasionally rather than regularly, you can stay on track this holiday season and beyond.

THE GOAL:

The week's challenge is to go the healthy route and resist junk food—at least once!

For example, choosing water instead of a soda, choosing grilled fish vs fried fish at lunch, or resisting that extra slice of cake.

MINI CHALLENGE PRIZE:

Participants who complete the 'Junk Food Temptation' mini challenge will be entered in to win the weekly mini challenge giveaway!



Visit www.DelhiHospital.com/HolidayChallenge/ to view prizes or scan the QR code on your phone!

Your Name: _____

Directions:

Tell us one time this week you chose the 'healthy route' and resisted junk food.

*Turn this pamphlet in at our next weigh on December 26th
to be entered in to win the weekly mini challenge!*