



December 2025

BENEFIT U

**Prioritize Your Health:
Small Steps for a Healthier You!**

Sunday

This month, choose small, intentional actions that help you stay grounded, enjoy the season, and carry good momentum into 2026!

1 Monday

START TODAY: WRITE DOWN 1-2 ACTIVITIES YOU WANT TO STRENGTHEN THIS MONTH. FOR EXAMPLE, DRINKING MORE WATER, TAKING SHORT WALKS. SMALL STEPS NOW CREATE POWERFUL MOMENTUM.

2 Tuesday

SET HEALTHY BOUNDARIES WITH HOLIDAY COMMITMENTS: TRY TO FOCUS ON QUALITY OVER QUANTITY WITH YOUR TIME—WHETHER IT'S FOR GATHERINGS, SHOPPING, OR OTHER RESPONSIBILITIES.

3 Wednesday

CREATE A ROUTINE: DEVELOP A ROUTINE THAT FITS YOUR LIFESTYLE AND PREFERENCES. THIS MIGHT INCLUDE REGULAR EXERCISE, MEAL PLANNING, AND DEDICATED TIME FOR RELAXATION OR HOBBIES.

4 Thursday

WALK IT OUT: HAVING TROUBLE REACHING YOUR DAILY STEP GOAL? STAND UP FROM YOUR DESK EVERY HOUR, TAKE A LAP AROUND YOUR OFFICE, OR STEP OUTSIDE FOR A QUICK WALK AND SOME FRESH AIR.

5 Friday

TAKE A BREATHING BREAK: NEED TO DE-STRESS QUICKLY? TRY THE 4-7-8 BREATHING TECHNIQUE: INHALE FOR 4 SECONDS, HOLD FOR 7, AND EXHALE FOR 8. A FEW DEEP BREATHS CAN HELP YOU RELAX AND RESET DURING BUSY DAYS.

Saturday

**Enmarket Savannah Bridge Run!
8:00 am - 11:00 am**



13 WELLNESS ON THE WEEKEND: STAY COMMITTED TO YOUR HEALTH GOALS THIS WEEKEND BY AIMING FOR 30 MINUTES OF MOVEMENT TODAY.



7 IT'S NOT ABOUT BEING THE BEST. IT'S ABOUT BEING BETTER THAN YOU WERE YESTERDAY.

8 BE WELL: THE HOLIDAYS CAN BE STRESSFUL. EAP OFFERS 24/7 FREE, CONFIDENTIAL SUPPORT FOR YOU AND YOUR FAMILY TO NAVIGATE WORK-LIFE CHALLENGES. [LEARN MORE ABOUT COUNSELING, REFERRALS, AND RESOURCES.](#)

9 MOVE WELL: RESET YOUR BODY AND MIND WITH A MID-DAY YOGA SESSION. ALL LEVELS WELCOME!
• **12 PM YOGA | ADAM'S COMPLEX, MEETING ROOM (OPERATIONS BUILDING)**



10 EAT WELL: BEFORE YOU EAT, TAKE A MOMENT TO ASK YOURSELF, "HOW WILL I FEEL 30 MINUTES FROM NOW AFTER I EAT THIS?" THIS REFLECTION CAN HELP GUIDE YOUR FOOD CHOICES TOWARDS OPTIONS THAT NOURISH AND ENERGIZE YOU.

11 STAY HYDRATED: THE TEMPS ARE COOLER, BUT YOUR WATER INTAKE IS STILL IMPORTANT! CARRY A WATER BOTTLE AND FILL IT UP THROUGHOUT THE DAY.

12 LIVE WELL: TAKE A 5-MINUTE DANCE BREAK TODAY! MUSIC + MOVEMENT LIFTS YOUR MOOD AND SHIFTS YOUR ENERGY IN THE BEST WAY.



20 SHOP LOCAL! STILL LOOKING FOR A LAST-MINUTE GIFT? SHOP LOCALLY THIS WEEKEND AND CROSS THOSE ITEMS OFF YOUR LIST!



14 CLEAR OUT FOR A FRESH START: CONSIDER CLEARING OUT A BIT OF CLUTTER FROM YOUR WORKSPACE OR HOME. ORGANIZING ONE AREA, EVEN JUST A DRAWER, CAN HELP YOU START THE NEW YEAR WITH A FRESH, CLEAR MINDSET.

15 FITNESS REIMBURSEMENT IS OPEN! [CLICK HERE FOR DETAILS AND ELIGIBILITY.](#)
• **QUARTER 4 (OCT - DEC) ARE DUE JANUARY 15, 2026.**
• [PLEASE SUBMIT USING SMARTSHEET.](#)

16 YOU TIME: THE HOLIDAYS GET BUSY. DON'T FORGET TO MAKE TIME FOR YOURSELF. EVEN 10 MINUTES OF SELF-CARE CAN BOOST YOUR CONFIDENCE, CREATIVITY, AND EMOTIONAL BALANCE.

17 MOVE WELL: HOOP IT UP! LOVE BASKETBALL? **TEXT 55498** WITH **BBALL** TO JOIN THE LIST AND GET NOTIFIED ABOUT THE NEXT CITY OF SAVANNAH PICK UP GAME. DON'T MISS YOUR CHANCE TO HIT THE COURT!



**18 CITY MANAGER'S 4TH ANNUAL HOLIDAY LUNCHEON
GPS TO THE NORTH POLE
12:00 PM - 3:00 PM
ENMARKET ARENA**



19 AT HOLIDAY MEALS, AIM FOR A BALANCED PLATE: FILL HALF WITH VEGGIES, A QUARTER WITH LEAN PROTEIN, AND A QUARTER WITH WHOLE GRAINS. YOU'LL ENJOY YOUR MEAL WHILE KEEPING IT BALANCED.

27 CREATE HEALTHY HABITS, NOT RESTRICTIONS

21 SHARING IS CARING: THERE IS NO BETTER WAY TO RECHARGE YOUR BATTERIES THAN TO GIVE TO THOSE AROUND YOU. DROP A DONATION OFF AT A LOCAL PANTRY OR PERFORM A RANDOM ACT OF KINDNESS THIS WEEK.

22 CHECK YOUR STRESS: THE HOLIDAYS ARE FULL OF JOY, BUT IT CAN ALSO LEAD TO ADDITIONAL STRESS. MAKE SURE YOU'RE DEALING WITH HOLIDAY STRESS IN A HEALTHY WAY WITH EXERCISE OR [MEDITATION.](#)

23 EMBRACE THE SEASON DO SOMETHING COZY THIS WEEK! CURL UP WITH A GOOD BOOK, TRY YOUR HAND AT BAKING, OR MAKE YOURSELF A TASTY HOT CHOCOLATE.

24 Happy Holidays
City Offices are closed on December 24th and 25th.
Enjoy this time with friends and family!
Take time to recharge and focus on your wellbeing.



26 TAKE A DIGITAL DETOX: GIVE YOURSELF A BREAK FROM SCREENS FOR A FEW HOURS TODAY. THIS "DIGITAL DETOX" CAN REDUCE POST-HOLIDAY OVERSTIMULATION, IMPROVE MENTAL CLARITY, AND BOOST YOUR ENERGY.

28 ENVISION YOUR 2026: SPEND A FEW MINUTES TODAY VISUALIZING WHAT YOU WANT TO FOCUS ON IN THE NEW YEAR, WHETHER IN HEALTH, CAREER, RELATIONSHIPS, OR HOBBIES. WRITE THEM DOWN AND PLACE THEM SOMEWHERE VISIBLE TO STAY INSPIRED AND FOCUSED ON THE POSITIVE CHANGES YOU WANT TO MAKE IN 2026.

29 START YOUR WEEK WITH GRATITUDE: TAKE A MOMENT TO THINK OF THREE THINGS YOU'RE GRATEFUL FOR FROM 2025. A QUICK GRATITUDE PRACTICE CAN LIFT YOUR MOOD AND SET A POSITIVE TONE FOR THE NEW YEAR.

30 HAVE A SUCCESS STORY FROM YOUR 2025 HEALTH JOURNEY? SHARE HOW COS WELLNESS PROGRAM HAS HELPED YOU. [YOUR STORY COULD INSPIRE OTHERS TO START THEIR OWN JOURNEY!](#)



31 HAVE A JOYFUL AND SAFE NEW YEAR. CHEERS TO OUR HEALTH, OUR LOVED ONES, AND THE COMMUNITY WE SHARE.



Scan for the digital copy of the BenefitU Interactive Calendar. Enjoy daily tips to help practice activities that support your health & wellbeing.

