

# EUTF Challenge Results

## 2025 EUTF Healthy Holiday Mindfulness Challenge



- Total Registrants: 280
- Total Mindful Minutes: 194,486
- Total Mindful Entries: 4,529
- Total Teams: 23
- Total Participating Departments: 36
- 10 Challenge Winners
- 4 Weekly Winners
- \$1,500 Amazon e-gift cards awarded

### EUTF Participant Feedback:

"Mindful movement, such as simply walking for extended time along scenic routes, boosted the mood during a busy season. The challenge jump-started motivation to stay healthy and for overall wellness.👍"

"This challenge helped me make time to meditate/ reflect which helped during the stressful holiday season."

"This was both a great and fun experience! As someone who seriously started getting into shape and eating cleaner/cooking more homemade meals, this challenge was a worthwhile incentive to keep at it. Being that it was the holiday season, which is always busy, it allowed me to dedicate time and energy towards bettering my health but also my family's. Thank you very much for opportunity to win in more ways than one!!"

"This challenge helped to keep me accountable during the holidays. What I appreciated most was making time to reflect and take care of myself. Being selected as a winner made it all even more special. Thank you so much for the challenge and the push to end the year strong!"

"I want to thank you for doing this challenge. My kids and I continue to utilize the principles even after the challenge has ended. It has become a daily habit for us, walking, and eating mindfully."

"Thank you to HDSA for all your fantastic webinars and challenges! This particular EUTF Holiday Challenge was especially meaningful because the challenge reminded us to be grateful, humble and peaceful. Wishing everyone a happy and healthy new year!"

"This was a great experience for me. During this challenge, I set aside time each day to work on stillness, movement, and reflection. I became aware that I was constantly filling my mind with distracting thoughts and this activity helped me take a moment to just breathe. I also made an effort to get away from my desk to get some fresh air throughout my workday which I want to continue as it also helped make me feel energized. The videos helped guide me through mindfulness activities and I want to continue practicing it in my daily life. I'm grateful for the support from EUTF and HDSA to improve our overall health."