



**DHRM HR Highlights
November/December**

CommonHealth's 2024 Turkey Trot Challenge

CommonHealth's 2024 Turkey Trot Challenge took place in November. A total of 1874 employees accepted the challenge to be active for 20 minutes or more on at least 25 days during the month of November. Kudos to all participants, and congratulations to all who completed the challenge!

While this year's Turkey Trot Challenge has ended, CommonHealth encourages ALL state employees to continue moving throughout the winter holiday season and into the new year! Staying active plays a major role in our overall health and wellbeing — and it's a great way to manage the stress that often comes with this time of year.

All forms of activity count, so pick your favorite way to move and get going! Aim to accumulate at least 20 minutes of physical activity per day on most days of the week.

Need some activity inspiration? Check out CommonHealth's [YouTube](#) channel — especially the [Move More](#) and [Brain Breaks](#) playlists — for ideas. Together, we can make moves towards better health!