

2021 WELLNESS CHALLENGES

In light of COVID-19 restrictions, your Wellness Committee has added additional challenges that you can do on your own.

Complete one (1) challenge to earn 10 points. Maximum 50 points for completing five (5) different challenges.



Read a Healthy book or watch a documentary-Now is a great time to sit back and reflect on how you can best take care of our own health. Write a couple of paragraphs summarizing what you learned and changes you plan to make and attach it to your Wellness Reporting Form.



Personal reflection/Meditation is important for one's mental health; it helps reduce stress and calms the body down. Challenge yourself for one month to take 15 minutes a day to meditate and reflect on positive things in your life. Write a brief comment about your experience and attach it to your Wellness Reporting Form.



Get Walking/Get Biking! Complete a 30 Mile "virtual" walk or 50 Mile "virtual" bike in a 30 day period. You can complete this challenge by venturing outdoors or in the comfort of a gym or even in your own home gym. Keep track of your progress and attach it to your Wellness Reporting Form.



Visit your Local Farmer's Market! Visit your local farmer's market 3x in 30 days; make a purchase; maybe even try something new and out of your comfort zone! Take a picture and attach it to your Wellness Reporting Form. Some markets are already operating. Check your local market to make sure they will be open.



Step It UP! Set a goal to walk either 15 flights of STAIRS (up and down) for a minimum of 20 days within a set 30 day period. (A flight of stairs averages 12-13 steps.) Keep track of your progress and attach it to your Wellness Reporting Form.

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Random Acts of Kindness—Do a kind deed each day for 30 days for someone other than a family member. Some examples: Compliment a co-worker for a job well done; send a note to someone who does not expect it; allow a fellow driver to merge into your lane; let someone ahead of you in a check-out line. Have fun coming up with your own ideas for doing something kind for someone else. Keep a record of what you have done and attach it to your Wellness Reporting Form.



Make A Change—It's said that it takes 21 days to form a habit. During your chosen 21 day period: Choose an unhealthy habit you want to stop OR Choose a healthy habit you want to start. Document the steps you took to break the old habit or form the new habit and attach it to your Wellness Reporting Form.



Water Challenge—During a 2 week period, increase your water intake by 10%. Add slices of cucumber, lemon, lime or orange for flavor. While plain water is BEST, other liquids such as plain tea and plain coffee count towards your water needs as well. Track and attach it to your Wellness Reporting Form.



3 for 3 Challenge— The challenge is to eat 2-1/2 cups of veggies, 2 cups of fruit and perform 30 minutes of moderate to vigorous activity daily for 30 consecutive days. Track your daily progress and attach it to your Wellness Reporting Form.

