

WELLNESS Challenge



Are you stuck in a rut and need a little motivation to improve your health?

The Wellness Challenge is a 4 week challenge that will help you develop and maintain healthy habits and overall well-being. These activities will engage you and inspire you to become happier, healthier and more energetic. To complete the Wellness Challenge and be entered into the raffle for a chance to win great prizes, you should complete the following by _____ :

- Complete at least **24 different wellness activities** that include at least six (6) tasks from each of the four (4) wellness pillars: Purpose, Nutrition, Mindfulness and Activity.

Motivating your friends and co-workers is highly encouraged! Begin tracking on _____ .

No matter how slow you go, you are still lapping everybody on the couch!

Purpose



- Review your work schedule and remove any unnecessary obligations
- Start each day saying something positive to yourself in the mirror
- Call someone you haven't spoken to in a while just to "catch up"
- Sign up for a class to learn something new (cooking, boxing, etc.)
- Compliment a stranger
- Donate time or money to a local charity
- Handwrite someone a nice note and mail it
- Complete a project you have been putting off
- Pay it forward. Complete a good deed or random act of kindness
- Give your undivided attention to someone else for 15 minutes
- Shop local. Visit a local store/restaurant you've never been to before
- Introduce yourself to a new neighbor or co-worker

Nutrition



- Take time to start your day with a healthy breakfast
- Start your week by planning your meals for each day
- Have dinner as a family or with friends the majority of each week
- Select a "light" menu item at a restaurant
- Eat slowly and enjoy a healthy meal by savoring every bite
- Increase the amount of water you drink each day (Goal: 64 oz.)
- Replace a food choice with a healthier one each day for a week
- Eat a healthy vegetarian meal a minimum of one time per week
- Create a colorful plate. Choose 3 different colored foods per meal
- Cut portion sizes in half, especially if eating at a restaurant
- Share a healthy meal recipe with a friend or co-worker
- Eat fruit/vegetables as your snack instead of unhealthy alternatives

Mindfulness

Mindfulness



- Set aside time each day for relaxation
- Go to bed 30 minutes earlier than normal
- Clean out and organize a closet, desk or drawer that needs it
- Go to a natural setting and just sit quietly and listen (meditate)
- Start a savings account or increase your input into your current one
- Schedule 5 minutes each day to review the day's accomplishments
- Turn off the TV and put away your cell phone one hour before bed
- Call and schedule a health check-up
- Sleep at least 7-8 hours each night
- Improve the environment by reducing, reusing, & recycling
- Reduce or eliminate unhealthy pleasures (alcohol, sitting, TV, etc.)
- Continue a tobacco free lifestyle. If you smoke, call (800) Quit-Now

Activity

Activity



- Set a goal to exercise a certain amount of days per week & stick to it
- Walk 10,000 steps per day for 5 consecutive days
- Compete in a community event (ex. 5K walk/run, bike event)
- Swap your chair for an exercise ball/opt to stand versus sit each day
- Pick up trash while you take a 30 minute walk
- Join a local sports league or wellness class
- Exercise for at least 30 minutes a day for a minimum of 5 days
- Try something new (stationary bike, water aerobics, yoga, etc.)
- Schedule a walk during your lunch break and stick to it
- Begin a stretching routine before you go to bed or when you wake up
- Play a yard game with family or friends (frisbee, kickball, basketball)
- Park in the back of the lot or take the stairs daily to walk farther



Healthy Communities

COLUMBUS REGIONAL HEALTH



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Name: _____

Workplace: _____

Email: _____

Phone: _____