



Wellness Challenge

Let's get ready for winter with a Fall Wellness Challenge! This challenge is based on points. You can earn points by doing the activities listed below. This is an Honor System Challenge! You'll keep a log sheet of the activities you do and points earned. You'll turn in your log sheet at the end of the challenge. If you participate in the challenge you will receive a ElderHealth & Living Wellness T-shirt and a Fall Challenge decal! There will also be prizes for the top point earners! Let's see how many points you can earn between Oct. 1st and Thanksgiving!

Physical Health

- **Drink 32 oz. of water** during the work day to stay hydrated and avoid fatigue – earn one point each work day that you drink 32 oz. of water on the job.
- **Walk or bike to work** – count each trip to and from or count the miles. Miles equal points.
- **Do the “Noon Walk”** – walk a mile during lunch with coworkers and count the miles. Miles equal points.
- **Exercise for 30 minutes** – every 30 minutes counts for one point.
- **Do resistance or weight** training to strengthen muscles – every 30 minutes counts for one point.
- **Compete in a community event** such as a Walk or a Race – Competing earns 5 challenge points.
- **Stretching** – earn one point each day when you spend 15 minutes stretching.

Nutrition

- **Eat 5 servings per day of fruits and/or vegetables** – get one point for each serving of fruit or vegetables. One serving of fruit = a medium apple, banana, or orange, a ½ cup of cooked or canned fruit (chopped), or ¾ cup of fruit juice. One serving of vegetables = one cup of raw, leafy vegetables, ½ cup of other vegetables (chopped, cooked or raw), or ¾ cup of vegetable juice.
- **Eat breakfast** – get one point each day that you eat a healthy breakfast.
- **Share healthy meal recipes** that can contribute to a company Healthy Cook Book – receive one point for every healthy recipe contributed, up to an established maximum.

Emotional / Personal Growth

- **Express sincere gratitude** to someone – “gratitude is an attitude”. Foster it by encouraging it. Earn a point each time you express sincere gratitude to someone – up to 3 points per day.
- **Volunteer to help someone** in the company – “help” can take many forms. Think outside the box and outside the workplace. Earn a point each time you volunteer to help someone – earn up to 3 points per day.
- **Volunteer at a community** organization – discover the needs of others in your community and put your talents and skills to work. Volunteering earns 5 challenge points.
- **Read a fun book** – relax and lose yourself in a good book. Finish the book and earn 5 points.

Work

- **Share lunch with a co-worker** – go out to lunch, or enjoy a brown bag lunch with a co-worker in the lunchroom, the goal should be to get to know your colleagues better. Each lunch earns a point.
- **Compliment a co-worker** – offer a sincere compliment to a co-worker and earn one point. Earn up to 3 points per day.
- **Enroll in a class or program** to improve your professional skills – complete the class or program and earn 10 challenge points.