



2022 Quarter 1 Wellness Challenges

Physical Wellness

- **Exercise Challenge** - Get a combined amount of 150 minutes of exercise each week. Any physical activity will count, i.e. walking, hiking, swimming, biking, gym, weights, anything that will get your heart rate up and get you moving.

Earn 10 points for each week you get 150 minutes or more of exercise.
Maximum of 150 points.

Points

- **Catch a Flight** - Participate in the “Catch a Flight” program sponsored by Select Health. The program details can be found on the wellness website.

Earn 100 points for completing the program. **Maximum of 100 points.**

Points

- **Develop Your Plan for Improved Self-Care** – Develop a plan for improved self-care. The program details can be found on the wellness website.

Earn 20 points for completing the Develop Your Plan for Improved Self-Care Handout. **Maximum of 20 points.**

Points

Nutrition

- **Hydration** - Make sure to drink enough water. Proper hydration is extremely important even in the winter.

Earn 10 points for drinking 32 oz. of water a day for at least 30 days.
Earn 15 points for drinking 48 oz. of water a day for at least 30 days.
Earn 20 points for drinking 64 oz. of water a day for at least 30 days.
Maximum of 20 points.

Points

- **Limit deep-fried foods** – What is most important to understand about deep-fried foods is that they add a lot of calories. For example, a large baked potato has about 250 calories while the same potato made into french fries has about 800 calories.

Earn 1 point for every time you substitute a deep-fried food for something not deep-fried. **Maximum of 10 points.**

Points

- **Avoid soda and fruit juice** - Avoid or limit soda and processed fruit juice (including products labeled 100% juice). They are almost pure sugar dissolved in water with little to no nutritional value.

Earn 1 point for every day you avoid drinking soda or processed fruit juice.
Maximum of 30 points.

Points

Emotional Wellness

- **Flex Time** – The Flex Time Challenge invites you to stretch for 100 minutes over a 30-day period (3-5 min/day). When you feel emotionally stressed and tense, a short stretching break can do wonders. Earn 25 points for completing 100 minutes of stretching over the 30-day period. **Maximum of 25 points.** Points _____

- **Developing Emotional Intelligence** – Attend the EAP Session on January 31, 2022 called Developing Emotional Intelligence. Earn 10 points for attending the EAP Session called Developing Emotional Intelligence. **Maximum of 10 points.** Points _____

Meeting invite link:

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+1 385-501-4805,,943713120#](tel:+13855014805943713120) United States, Salt Lake City

Phone Conference ID: 943 713 120#

[Find a local number](#) | [Reset PIN](#)

- **Bravo Award** - Give a Bravo Award to a coworker who went above and beyond. Earn 1 point for every Bravo Award given to a co-worker. **Maximum of 10 points.** Points _____

Intellectual Wellness

- **Read a book of your choice** - It must be at least 100 pages or more and you must start and finish the book during the quarter. Earn 15 points for reading a book of your choice. **Maximum of 15 points.** Points _____

- **Get enough sleep** - Getting the right amount of sleep strengthens your immune system, helps you solve problems, helps you reason better, and increases your memory. Earn 1 point for every night you get 8 hours of sleep. **Maximum of 30 points.** Points _____

- **Keep a Journal** - Taking the time to write down your thoughts can help with expressing your feelings. Being able to identify your feelings and understanding yourself more and your actions increases intellectual wellness by exposing your mind to deeper thinking. Earn 20 points for keeping a journal during the quarter. **Maximum of 20 points.** Points _____

Environmental Wellness

- **Reusable Bags** - Bring your own reusable bags to the grocery store instead of using plastic bags. Earn 1 point for each time you use a reusable grocery bag at the store. **Maximum of 20 points.** Points _____

- **Reusable Water Bottle** - Carry a reusable water bottle instead of using plastic-bottled or canned drinks. Earn 1 point for every day you bring and use a reusable water bottle while at work. **Maximum of 60 points.** Points _____

- **Prevent Illness** - Help prevent illness by washing, disinfecting, or replacing any of the following most germ-filled items in your home, 1) kitchen sponge, 2) cell phone, 3) toothbrush holder, 4) purse or wallet, 5) pet toys, 6) baby toys, 7) coffee maker 8) refrigerator handle.

Earn 2 points for each item you wash and disinfect or replace. **Maximum of 16 points.**

Points

Financial Wellness

- **Track your spending** - Use any spending tracker tool available.

Earn 20 points for each month you track your spending. **Maximum of 60 points.**

Points

- **Money Fast** – Do not spend any money for 4 consecutive days. You pick the days and freeze all spending on those 4 days. That includes online purchases, eating out, gas, groceries, etc. Make a point to plan ahead or go without. The idea is when you plan ahead, you will most likely spend more efficiently.

Earn 20 points for going on a 4 day money fast. **Maximum of 20 points.**

Points

- **Attend a Utah Retirement Systems One-on-One Retirement Planning Session** – This can be done via phone call or video conferencing. These sessions are designed for all career stages: beginning, middle, and near retirement.

Earn 20 points for attending a retirement planning session. **Maximum of 20 points.**

Points

Spiritual Wellness

- **Mindfulness & Meditation, A Weekly Practice** – Practicing self-care through mindfulness and meditation can help you relax and focus on what is most important – your overall wellness. Attend the weekly mindfulness and meditation class put on by USU Extension. It is a free event and occurs every Tuesday night at 7:30. Sign up to attend here:
<https://www.eventbrite.com/e/mindfulness-meditation-a-weekly-practice-registration-138350719727>

Earn 10 points for each time you attend one of the mindfulness and meditation classes from USU. **Maximum of 100 points.**

Points

- **Think Positively** - Write down positive things that happen each day. Once you start viewing things in your life in a positive manner, you will find yourself thinking differently and refocusing your mind to a happy, healthy place. When you eliminate negativity and re-frame how you think of certain things and situations, you'll notice yourself being more relaxed.

Earn 10 points each month for writing and keeping track of only the positive things that happen each day. **Maximum of 30 points.**

Points

- **Practice Mindfulness** – Review the Types of Meditation, Benefits of Meditation, and Creating a Mindfulness Space documents that are posted under the 1st Quarter Challenge documents then practice meditation at least 1X per week.

Earn 10 points each month for fitting meditation in at least one day each week. **Maximum of 30 points.**

Points

Social Wellness

- **Keep Warm** - Donate a new or old coat to someone in need. The coat can be of any size or style.
- **Shout Out** – Compliment 30 people in front of others over a 30-day period. Giving a public compliment is like throwing a stone in a pond, creating continuous ripples of goodness that flow out into the world. Examples: Tell the store clerk you appreciate how fast or friendly they are, praise your spouse in front of your children or send a complimentary email to someone and copy others on the message.

Earn 5 points for donating a used coat. Earn 10 points for donating a new coat. **Maximum of 15 points.**

Points

Earn 25 points for completing the Shout Out Challenge in a 30-day period. **Maximum of 25 points.**

Points

Screenings and Check-ups

Complete your annual mammogram or prostate exam

Earn 20 points

Points

Complete your colonoscopy exam

Earn 50 points

Points

Complete your dental check-up

Earn 20 points

Points

Complete you annual physical

Earn 25 points

Points

Complete your flu shot/COVID Vaccination

Earn 15 points

Points

Complete your annual skin cancer screening

Earn 15 points

Points

Bonus Points

- **Recipe** - Share a healthy recipe to add to the Weber Elevated Cookbook Page.

Earn 10 points when you submit a healthy recipe. **Maximum of 10 points per quarter.**

Points

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| <ul style="list-style-type: none"> • Photo - Share a photo of you completing any of the wellness challenges. For example, if you are participating in the “Catch a Flight” program, take a selfie of you walking the stairs to share on the wellness website. | <p>Earn 10 points when you submit a photo of you completing any wellness challenge. Maximum of 10 points per quarter. Please read disclaimer below.</p> | <p>Points
_____</p> |
|---|--|-------------------------|

By submitting a photograph, you certify that you are over the age of eighteen (18) and are the copyright owner of the photograph, or you have the permission of the copyright owner to use it for the purposes described in this paragraph. You grant permission to Weber County to use the photograph to promote its employee wellness program without compensation to you. In addition, you grant permission to Weber County to use and publish the photograph on its public websites. If there are others depicted in the photograph, you have obtained their consent, or if they are a minor, the consent of their parent or guardian, to be depicted in the photograph as it is used for the above-stated purpose. Furthermore, you agree to release and indemnify Weber County and its employees from and against any claims and liabilities relating to the use of the photograph.

Total Points: _____

