



2022 Quarter 2 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 120 points.

Points

- **Walk-A-Day Program** – Walking is an easy, inexpensive, practical, low-risk, and fun activity. The challenge is to walk for at least 15 minutes or more each day. Chances are good that it will become a habit.

Earn 20 points each month for walking at least 15 minutes or more each day. Record how many steps you take each day on the 15-to-Fit Worksheet. **Maximum of 60 points.**

Points

- **Squat 1500** – When done properly, squats target several important muscles, including your legs and core. Check out videos online if you’d like a visual tutorial. Keeping these muscles strong throughout your life will prevent injuries and strain. Squats also improve circulation, flexibility and joint health.

Earn 50 points for completing 50 squats a day for the next 30 days. If you prefer resting your muscles for a day, do 100 squats every other day.
Maximum of 50 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

- **Diabetes 101** –Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Complete the pre diabetes online quiz then attend a lunch and learn seminar called Pre-diabetes 101 which will be held at the Health Dept. in the 2nd floor auditorium on **Wednesday, May 18th from 12 – 1. Please sign up for the seminar on the training calendar.**

Pre-diabetes quiz:
<https://doihaveprediabetes.org/take-the-risk-test/#/>

Earn 10 points for completing the pre diabetes quiz and another 25 point for attending the pre-diabetes 101 class at the Health Department.
Maximum of 35 points.

Points

- **Avoid soda** - Avoid soda intake.

Earn 1 point for every day you avoid drinking soda. **Maximum of 30 points.**

Points

Emotional Wellness

- **Grow an indoor or outdoor vegetable/fruit/herb garden** – Studies have shown that gardening (in or outdoors) is linked to an increase in life satisfaction, psychological well-being, and cognitive function, as well as reductions in stress, anger, fatigue, and depression and [anxiety symptoms](#). One resource to help get started for indoor gardens is <https://www.shape.com/lifestyle/mind-and-body/how-to-start-an-indoor-garden>. Two for outdoor gardens are <https://commonsensehome.com/start-a-garden/> and <https://gardenerspath.com/how-to/design/guide-to-square-foot-gardening/>.

Earn 50 points for planting a garden. **Maximum of 50 points.**

Points

- **Compassion Fatigue: The Journey from Fatigue to Wellness.** Attend the virtual seminar from our EAP Provider on **April 25th from 1pm – 2pm** to learn about fatigue and wellness. **Please sign up for the virtual seminar on the training calendar.**

Earn 25 points for attending the EAP seminar. **Maximum of 25 points.**

Points

- **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

- **Personality Traits** - Learn about your Meyers Briggs personality and other personalities. Take the free test and learn about others in your fam/friends circle if they take it too. <https://www.16personalities.com/free-personality-test>

Earn 15 points for taking the free Meyers Briggs personality profile. **Maximum of 15 points.**

Points

- **Read/Listen** – Read or listen to the book called Extreme Ownership: How US Navy Seals Lead and Win.

Earn 25 point for reading the book Extreme Ownership: How US Navy Seals Lead and Win. **Maximum of 25 points.**

Points

- **Living Well Utah** – The Living Well Utah site lists workshops and programs that work to prevent and manage chronic diseases. Find a class or workshop near you by visiting <https://livingwell.utah.gov/>.

Earn 20 points for attending a workshop. **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 _____
- **Plant a Tree** – Friday, April 29th Arbor Day so to celebrate go plant a tree or check out <https://shop.arborday.org/> for other ways to “shop” for a tree if you can’t plant one yourself.

Earn 15 point for planting a tree to celebrate National Arbor Day. **Maximum of 15 points.**

Points _____
- **Earth day** - April 22 is Earth day so anytime during the month of April participate in a community recycle or help clean up our trails, highways, parks, etc.

Earn 15 point for participating in any event involved in cleaning up our community. **Maximum of 15 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 _____
- **Tighten your purse strings** – Practice following these simple things for the entire quarter and see how much money you save. 1. Meal planning to reduce the amount of food waste, 2. Don’t spend the extra money at the gas station for drinks and snacks, 3. Review your automatic subscriptions and memberships and cancel any you haven’t used in the last 30 days.

Earn 25 points tightening your purse strings. **Maximum of 25 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

- **Service** - Spend at least 30 minutes each month serving in the community.

Earn 10 points for each time you serve in the community for 30 minutes or more. **Maximum of 30 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 _____

Social Wellness

- | | | |
|--|---|-----------------|
| <ul style="list-style-type: none">• Wellness Kits - Gather together with a group of friends, family, neighbors, church group, etc. and put together any type of well kits for those in need. It could be tying quilts to donate to a hospital or homeless shelter, it could be hygiene kits for refugees, etc. | Earn 25 points if you participate in putting together any type of wellness kit to go to those in need. Maximum of 25 points | Points _____ |
| <ul style="list-style-type: none">• Reach out to a Friend –Reach out and check on a friend or neighbor who might be struggling or who you haven’t spoken with in a while. It can be as simple as giving them a call or dropping off a gallon of ice cream. Just connect and say hi and let them know you care. | Earn 5 points for reaching out to one friend/neighbor Earn 10 points for reaching out to two friends/neighbors Maximum of 10 points. | Points _____ |
| <ul style="list-style-type: none">• 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 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 your annual physical | Earn 25 points | Points _____ |
| Complete your flu shot or COVID Vaccination | Earn 15 points | Points _____ |
| Complete your annual skin cancer screening | Earn 15 points | Points _____ |

Bonus Points

- | | | |
|---|---|-----------------|
| <ul style="list-style-type: none"> • 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 _____ |
| <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. | Earn 10 points when you submit a photo of you completing any wellness challenge. Maximum of 10 points per quarter. Please read disclaimer below. | Points _____ |

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: _____

