

# 2022 Quarter 4 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 \_\_\_\_\_
- **Maintain Don't Gain** –Americans gain on average 1-2 pounds during the holidays! This challenge is to maintain your weight instead of adding any extra pounds this year.

Tip #1 for maintaining weight: Don't skip meals  
Tip #2 for maintaining weight: Control your portions  
Tip #3 for maintaining weight: Don't rush – it takes about 20 minutes for your brain to receive a signal of fullness from your stomach. Wait 10 minutes before you go back for seconds to decide whether you are truly still hungry.  
Tip # 4 for maintain weight: Fit in some physical activity

Earn 20 points for maintaining your weight during the upcoming holiday season. **Maximum of 20 points.**

Points \_\_\_\_\_
- **Tobacco Awareness** – November is tobacco awareness month. 1) Sign up for the email newsletter to receive information on vaping/smoking and quit tips at [www.waytoquit.org](http://www.waytoquit.org). 2) Make a plan to quit tobacco 3) Sign up for a coaching session at waytoquit.org.

Earn 5 points for signing up for the email newsletter. Earn 10 points for making a plan to quit tobacco. Earn 15 points for signing up for a coaching session. **Maximum of 30 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.

Points \_\_\_\_\_

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| <ul style="list-style-type: none"> <li>• <b>30-day Clean-ish Eating Challenge</b> – Work on cleaning up your eating habits. Complete the checklist by December 31<sup>st</sup> to receive wellness points.</li> </ul>   | <p>Earn 20 points for drinking 64 oz. of water a day for at least 30 days.<br/><b>Maximum of 20 points.</b></p>  | <p>Points<br/>_____</p>                         |
| <ul style="list-style-type: none"> <li>• <b>Healthier Holiday Eating</b> – Replace 3 traditional treats during the holiday season with 3 healthier holiday treats to challenge your pallet, waistline, and find a little holiday balance. Here are a couple of ideas for healthier treats:<br/><a href="https://thecleaneatingcouple.com/30-healthy-holiday-desserts-you-need-to-try/">https://thecleaneatingcouple.com/30-healthy-holiday-desserts-you-need-to-try/</a><br/><a href="https://www.foodnetwork.com/healthy/photos/healthy-holiday-baking">https://www.foodnetwork.com/healthy/photos/healthy-holiday-baking</a><br/><a href="https://pinchofyum.com/9-healthy-holiday-treats">https://pinchofyum.com/9-healthy-holiday-treats</a></li> </ul> | <p>Earn 30 points for completing the 30-day Clean-ish Eating Challenge.<br/><b>Maximum of 30 points.</b></p> <p>Earn 10 points each traditional treat you replace with a healthier holiday treat. <b>Maximum of 30 points.</b></p> | <p>Points<br/>_____</p> <p>Points<br/>_____</p> |

## Emotional Wellness

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| <ul style="list-style-type: none"> <li>• <b>Gratitude Challenge</b> – Complete all the challenges on the Gratitude Challenge calendar between October - December.</li> </ul>  | <p>Earn 25 points for completing the Gratitude Challenge. <b>Maximum of 25 points.</b></p>  | <p>Points<br/>_____</p> |
| <ul style="list-style-type: none"> <li>• <b>Suicide Awareness</b> – Check out LiveOn’s website <a href="https://liveonutah.org/">https://liveonutah.org/</a> under Give Help to read about the warning signs for suicide plus Attend the online suicide prevention training class at <a href="https://liveonutah.org/playbook/">https://liveonutah.org/playbook/</a></li> </ul> | <p>Earn 10 points going to LiveOn and reading about the warning signs for suicide prevention. Earn 20 points for attending the online suicide prevention training class. <b>Maximum of 30 points.</b></p> | <p>Points<br/>_____</p> |
| <ul style="list-style-type: none"> <li>• <b>Bravo Award</b> - Give a Bravo Award to a coworker who went above and beyond.</li> </ul>  |   | <p>Points<br/>_____</p> |

## Intellectual Wellness

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| <ul style="list-style-type: none"> <li>• <b>Book Club - Participate in one of the Book Discussions for October – December at the Library. Visit the website for details on the books being read.</b><br/><a href="https://www.weberpl.lib.ut.us/discover/grown-ups-corner">https://www.weberpl.lib.ut.us/discover/grown-ups-corner</a>.</li> </ul> | <p>Earn 15 points for reading one of the books and another 15 points for participating in the book discussion.<br/><b>Maximum of 30 points.</b></p> | <p>Points<br/>_____</p> |
| <ul style="list-style-type: none"> <li>• <b>Desk Emergency Preparedness Kit</b> – Prepare a desk emergency preparedness kit that includes a bottle of water, granola bars and a flashlight, just in case something were to happen while at work (earthquake or other natural disaster). As part of the preparedness kit, review the</li> </ul>     | <p>Earn 20 points for creating a Desk Emergency Preparedness Kit.<br/><b>Maximum of 20 points.</b></p>  | <p>Points<br/>_____</p> |

emergency evacuation plan set up for your office location and attend the fire safety training for your department. You can contact Cari Southwick in Human Resources to review the emergency evacuation plan and get details about the fire safety training.

- **Family “Go Kits”** – Personal health preparedness is about having the wherewithal to care for and protect your health and wellness in the immediate aftermath of an emergency or disaster. That means having the supplies, skill, and self-confidence to bounce back. Create a family “Go Kit” in case of emergency. Visit the following websites to get ideas on what to include. <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>

Earn 30 points for attending a workshop. **Maximum of 30 points.**

Points

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<https://www.cdc.gov/prepyourhealth/index.htm>

## Environmental Wellness

- **Slow the flow** - Find ways to conserve water around your home such as fixing leaks, adjusting sprinklers, adding mulch around plants to avoid evaporation, find water wise plants and flowers for your garden, watering only in the coolest parts of the day, and many more at <https://slowtheflow.org> .
- **Reusable Water Bottle** - Carry a reusable water bottle instead of using plastic-bottled or canned drinks.
- **Recycle** – The goal is to build a habit of recycling. Sites like [how2recycle.info](http://how2recycle.info), [earth911.com](http://earth911.com), and checking with your city or work about recycle bins or practices are great places to start.

Earn 1 point for every day you take steps to save water.  
**Maximum of 20 points.**

Points

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Earn 1 point for every day you bring and use a reusable water bottle while at work. **Maximum of 60 points.**

Points

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Earn 5 points for each week you take items to be recycled.  
**Maximum of 30 points.**

Points

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## Financial Wellness

- **The Penny Challenge** – Every penny matters. Start by saving one penny on the first day. Each day that follows, add one cent to the amount you saved the day before. For example, on day two, you would add \$.02 to your savings. On day three, you would add \$.03 and so on. By the end of the year you could have \$667.95. You could also participate in the challenge by putting savings aside once a month rather than

Earn 20 points for starting The Penny Challenge. **Maximum of 20 points.**

Points

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once a day. July - \$4.96; August - \$12.74; September - \$23.25; October - \$31.65; November - \$42.16; December - \$49.95; January - \$61.07; February – \$70.68; March - \$77.55; April - \$89.59; May - \$95.85; June \$108.50

- **Money Matters** – Complete each of these challenges to earn points towards your wellness reward.
  1. The Coupon Clipper: Clip and use 20 coupons this quarter.
  2. Create a social security account: go to ssa.gov to create an online account. With this account, you will be able to see your estimated benefits at retirement, disability benefits, and dependent benefits. All this information will be useful as you plan for your retirement.
  3. Increase your H.S.A Contribution or 401K/457 by 1%.
- **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 10 points for clipping and using 20 coupons.

Points

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Earn 5 points for creating your social security account.

Earn 10 points for increasing your H.S.A or 401K/457 by 1%.

**Maximum of 25 points.**

Earn 20 points for attending a retirement planning session.

Points

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**Maximum of 20 points.**

## Spiritual Wellness

- **Service** - Spend at least 30 minutes each month serving in the community.
- **Tis the Season for Giving** – Participate in a food drive, clothing drive, toy drive, etc. by donating at least 5 items.
- **Take Ten** – Reduce anxiety by giving yourself permission to take 10 minutes out of the workday to attend to your spiritual needs. Maybe this is a moment of silent prayer, reflection via journaling, or an anxiety-reducing exercise – it’s up to you. The important thing is that you prioritize yourself and give your spiritual wellness the attention it deserves.

Earn 10 points for each time you serve in the community for 30 minutes or more. **Maximum of 100 points.**

Points

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Earn 10 points each month for donating at least 5 or more food/clothing/toy items. **Maximum of 100 points.**

Points

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Earn 10 points per month if you participated in a Take Ten moment at least four times that month.

Points

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**Maximum of 30 points.**

## Social Wellness

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| <ul style="list-style-type: none"> <li>• <b>Expressing gratitude to others</b> – in person, over the phone, in an email, in a letter etc. Going out of your way to express gratitude to at least 30 people over the quarter.</li> </ul>  | <p>Earn 25 points for expressing gratitude to at least 30 people.<br/><b>Maximum of 25 points.</b></p>   | <p>Points<br/>_____</p> |
| <ul style="list-style-type: none"> <li>• <b>Reach out to a Friend</b> –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.</li> </ul>  | <p>Earn 5 points for reaching out to one friend/neighbor<br/>Earn 10 points for reaching out to two friends/neighbors<br/><b>Maximum of 10 points.</b></p> | <p>Points<br/>_____</p> |
| <ul style="list-style-type: none"> <li>• <b>Shout Out</b> – 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.</li> </ul> | <p>Earn 25 points for completing the Shout Out Challenge in a 30-day period. <b>Maximum of 25 points.</b></p>  | <p>Points<br/>_____</p> |

## Screenings and Check-ups

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| <b>Complete your annual mammogram or prostate exam</b> | Earn 20 points | Points<br>_____ |
| <b>Complete your colonoscopy exam</b>                  | Earn 50 points | Points<br>_____ |
| <b>Complete your dental check-up</b>                   | Earn 20 points | Points<br>_____ |
| <b>Complete you annual physical</b>                    | Earn 25 points | Points<br>_____ |
| <b>Complete your flu shot or COVID Vaccination</b>     | Earn 15 points | Points<br>_____ |
| <b>Complete your annual skin cancer screening</b>      | Earn 15 points | Points<br>_____ |

## Bonus Points

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| <ul style="list-style-type: none"> <li>• <b>Recipe</b> - Share a healthy recipe to add to the Weber Elevated Cookbook Page.</li> </ul> | <p>Earn 10 points when you submit a healthy recipe. <b>Maximum of 10 points per quarter.</b></p> | <p>Points<br/>_____</p> |
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| <ul style="list-style-type: none"> <li>• <b>Photo</b> - 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.</li> </ul> | <p>Earn 10 points when you submit a photo of you completing any wellness challenge. <b>Maximum of 10 points per quarter.</b> Please read disclaimer below.</p> | <p>Points<br/>_____</p> |
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*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: \_\_\_\_\_

