



2023 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 outside for 500 minutes with a co-worker or friend** – Walking is an easy, inexpensive, practical, low-risk, and fun activity. Grab a friend or co-worker and walk the block at lunch or after work. You can walk slow or fast, just count your minutes and get to 500.

Earn 20 points for walking 500 minutes in the quarter. **Maximum of 20 points.**

Points _____
- **1,000 Strong** – Complete 1,000 reps of one strength exercise over a 30 day period. You can strength train at home or even at the office using exercises like push-ups, squats, lunges, and planks. Try doing several reps each time you take a bathroom break or a few every time you get a drink.

Earn 50 points for completing 1,000 reps in a 30 day period. **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 _____
- **Caffeine Free** –The Caffeine Free Challenge invites you to go without caffeine for 30 days. That means no coffee, no tea, no caffeinated soda, and no energy drinks. Decaf coffee, herbal tea, and chocolate are fine. You may have wondered what life would be like without caffeine. Now is your chance to give it a try.

Earn 30 points for going caffeine free for 30 days. **Maximum of 30 points.**

Points _____
- **Five Alive – 150 fruits or veggies** – The Five Alive challenge invites you to eat 150 servings of fruits and vegetables in 30 days (5 per day). A serving is about 1 cup for most fruits and

Earn 20 points for achieving the Five Alive challenge. **Maximum of 20 points.**

Points _____

vegetables and 2 cups for leafy greens. They can be cooked or raw, fresh or frozen.

Emotional Wellness

- | | | |
|---|---|-----------------|
| <ul style="list-style-type: none">• Colorful Life – Color for 300 minutes – The Colorful Life Challenge invites you to spend about 10 minutes a day coloring for 30 days, totaling 300 minutes. Coloring has been proven to reduce stress, increase focus, and put you in a state of consciousness like meditation. | Earn 20 points for coloring a total of 300 minutes. Maximum of 20 points. | Points
_____ |
| <ul style="list-style-type: none">• Create It – channel the creative side of your brain for 500 minutes – The Create It Challenge invites you to spend 500 minutes creating something during a 30-day period (17 min/day). Play music, write, dance, draw, garden, organize a room, tackle a do-it-yourself home repair, paint, make pottery, etc. Being creative stimulates your mind, giving you a sense of identity and accomplishment. | Earn 20 points for completing the Create It challenge. Maximum of 20 points. | Points
_____ |
| <ul style="list-style-type: none">• 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

- | | | |
|--|--|-----------------|
| <ul style="list-style-type: none">• 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
_____ |
| <ul style="list-style-type: none">• Brain Teaser – Exercise your mind for 300 minutes – The Brain Teaser Challenge invites you to play brain teasers for 300 minutes over a 30-day period, that’s an average of 10 minutes a day. Some examples include crossword puzzles, word searches, Sudoku, and memory games. The idea is to exercise your mind which, just like a muscle, becomes stronger with use. | Earn 20 points for exercising your mind for 300 minutes. Maximum of 20 points. | Points
_____ |
| <ul style="list-style-type: none">• Book Worm – Read for 1,000 minutes – The Book Worm Challenge invites you to read a book for 1,000 minutes over 30 days, an average of about 30 minutes a day. Digging into a good book can literally add years to your mental health. | Earn 20 points for reading 1,000 minutes in 30 days. Maximum of 20 points. | Points
_____ |

Environmental Wellness

- | | | |
|---|---|-------------------------|
| <ul style="list-style-type: none"> • Go Green – Decorate your office space with plants. The benefits of office plants are numerous and can help reduce your office’s carbon emissions as well as naturally purify the air in your office. Try something like a Spider Plant, Peace Lilies, English Ivy, or Bamboo Palms | <p>Earn 10 points decorating your office/desk space with at least 2 plants. Maximum of 10 points.</p> | <p>Points
_____</p> |
| <ul style="list-style-type: none"> • 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. | <p>Earn 15 points for planting a tree to celebrate National Arbor Day. Maximum of 15 points.</p> | <p>Points
_____</p> |
| <ul style="list-style-type: none"> • 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. | <p>Earn 15 point for participating in any event involved in cleaning up our community. Maximum of 15 points.</p> | <p>Points
_____</p> |

Financial Wellness

- | | | |
|--|---|-------------------------|
| <ul style="list-style-type: none"> • Track your spending - Use any spending tracker tool available. | <p>Earn 20 points for each month you track your spending. Maximum of 60 points.</p> | <p>Points
_____</p> |
| <ul style="list-style-type: none"> • 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. | <p>Earn 25 points by tightening your purse strings. Maximum of 25 points.</p> | <p>Points
_____</p> |
| <ul style="list-style-type: none"> • 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. | <p>Earn 20 points for attending a retirement planning session. Maximum of 20 points.</p> | <p>Points
_____</p> |

Spiritual Wellness

- | | | |
|--|---|-------------------------|
| <ul style="list-style-type: none"> • Service - Spend at least 30 minutes each month serving in the community. | <p>Earn 10 points for each time you serve in the community for 30 minutes or more. Maximum of 30 points.</p> | <p>Points
_____</p> |
| <ul style="list-style-type: none"> • 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 | <p>Earn 10 points each month for writing and keeping track of only the positive things that happen each day. Maximum of 30 points.</p> | <p>Points
_____</p> |

eliminate negativity and re-frame how you think of certain things and situations, you'll notice yourself being more relaxed.

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. | <p>Earn 25 points if you participate in putting together any type of wellness kit to go to those in need. Maximum of 25 points</p> | <p>Points
_____</p> |
| <ul style="list-style-type: none"> • Hearts Tied Together – Child Refugee Fleece Blanket Project – work with the nonprofit organization called Hearts Tied Together to help provide blankets to refugee babies and children. Visit the website at https://heartstiedtogether.com/ or Hearts Tied Together Facebook. The website has delivery instructions or contact Ronna Tidwell in Operations. She knows a representative who can help send the blankets to refugees. | <p>Earn 25 points for sending a blanket to Hearts Tied Together. Maximum of 25 points.</p> | <p>Points
_____</p> |
| <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. | <p>Earn 25 points for completing the Shout Out Challenge in a 30-day period. Maximum of 25 points.</p> | <p>Points
_____</p> |

Screenings and Check-ups

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

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

- **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: _____

