

2023 Quarter 3 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 _____
- **Start A New Summer Hobby** – The summer months bring a great opportunity to try something new. Try doing an outdoor activity you have never done before, i.e. kayaking, backpacking, paddle boarding, running/walking a 5K, water aerobics, join a pickleball tournament, disc golf, etc. Earn 10 points for starting a new summer hobby. **Maximum of 10 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. **Maximum of 60 points.** Points _____

Nutrition

- **Fruit Basket Challenge** – Keep a basket of fruit on the counter for 30 days. Wash the fruit first so it's ready to eat so you can grab and go. Earn 10 points for keeping a fruit basket on the counter that is grab and go ready. **Maximum of 10 points.** Points _____
- **Try Grilling/Smoking Fruits and Vegetables** – Nothing transforms fruits and vegetables like grilling. Test out some new recipes on how to grill fresh fruits and veggies then share the recipe with us. Earn 5 points for testing out how to grill fresh fruits and veggies. Earn 5 points for sharing the recipe with a co-worker or friend. **Maximum of 10 points.** Points _____
- **Farmers Market** – Visit the farmers market and integrate seasonal fruits and vegetables into your diet. Earn 10 points each month you attend at least one farmer's market. **Maximum of 30 points.** Points _____

Emotional Wellness

- **10 second tidy challenge** – Decluttering/Rearranging has been known to reduce stress and improve moods. Perform a "10 second tidy" to one area of work and home each day. Earn 1 point for each day you take at least 10 seconds or more to tidy an area of your home or work space. **Maximum of 25 points.** Points _____

<https://extension.usu.edu/mentalhealth/articles/the-mental-benefits-of-decluttering>

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| <ul style="list-style-type: none">• Attend 3 Mental Health Minutes – The Employee Assistance Program hosts virtual “drop-in” educational sessions called Mental Health Minutes to teach and reinforce strategies to stay well and build resilience. See the handout called “EAP Mental Health Minute” on the Wellness Website. | Earn 5 points for Mental Health Minute you attend. Maximum of 15 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
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Intellectual Wellness

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| <ul style="list-style-type: none">• Spend at least 15 minutes a day reading for leisure. Research shows that regular reading: improves brain connectivity, increases your vocabulary and comprehension, and empowers you to empathize with other people. | Earn 15 points for reading at least 15 minutes each day. Maximum of 15 points. | Points
_____ |
| <ul style="list-style-type: none">• Be smart about protecting your skin – Make it a daily habit during the summer to protect your skin from the sun. Wear protective clothing and use sunscreen. Use sunscreen SPF 30 or higher and both UVA and UVB protection every time you are outdoors. | Earn 20 points for being smart and protecting your skin this summer. Maximum of 20 points. | Points
_____ |
| <ul style="list-style-type: none">• 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
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Environmental Wellness

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| <ul style="list-style-type: none">• Help Keep Weber County Clean – As you are walking in/out of any Weber County building or park and you see a piece of garbage pick it up and throw it away. | Earn 1 point for every day you pick up any garbage you see laying around the sidewalks, flower beds, parking lots, grass areas, etc. of any Weber County building or park. Maximum of 20 points. | Points
_____ |
| <ul style="list-style-type: none">• Set Up Family Chores – Set up a schedule for the household chores in your home and stick to the schedule for 30 days. Having a set routine for keeping the home neat and tidy will contribute to the happiness and well-being of everyone living there. Plus, with everyone helping with the chores, it will leave more time to get out and enjoy the summer months. | Earn 30 point for setting and sticking to the family chore schedule. Maximum of 30 points. | Points
_____ |

- **Recycle** – The goal is to build a habit of recycling. Sites like how2recycle.info, earth911.com, and checking with your city or work about recycle bins or practices are great places to start.

Earn 5 points for each week you take items to be recycled.

Maximum of 20 points.

Points

Financial Wellness

- **Work Towards Freedom In Your Budget** – Find a budgeting system that works for you to pay bills, save and have spending money such as the popular 50/30/20 plan, a 60/40 plan or an alternative percentage based plan that works for your household (50% of your income to needs; 30% to wants; 20% to savings / 60% to fixed bills (Mortgage, car payment) ; 40% variables (groceries, traveling) etc).

[https://www.citizensbank.com/learning/50-30-20-](https://www.citizensbank.com/learning/50-30-20-budget.aspx#:~:text=One%20of%20the%20most%20common,%2C%20and%2020%25%20on%20savings.)

[budget.aspx#:~:text=One%20of%20the%20most%20common,%2C%20and%2020%25%20on%20savings.](https://www.citizensbank.com/learning/50-30-20-budget.aspx#:~:text=One%20of%20the%20most%20common,%2C%20and%2020%25%20on%20savings.)

Earn 20 points if you started working towards freedom in your budget.

Maximum of 20 points.

Points

- **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%.

Earn 10 points for clipping and using 20 coupons.

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.

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 month you serve in the community for 30 minutes or more. **Maximum of 30 points.**

Points

- **Personal Reflection** – Take time each day to journal and reflect on the day. Try guided journal pages if you are just starting out: <https://psychcentral.com/blog/30-journaling-prompts-for-self-reflection-and-self-discovery#2>

Earn 10 points each month for writing and journaling. **Maximum of 30 points.**

Points

- **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 per month if you participated in a Take Ten moment at least four times that month. **Maximum of 30 points.**

Points

Social Wellness

- **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 saying hi or dropping off a treat. Just connect and say hi and let them know you care.

Earn 5 points for reaching out to one friend/neighbor

Points

Earn 10 points for reaching out to two friends/neighbors
Maximum of 10 points.

- **Face-to-face communication** – Make an effort over the next 3 months to put down the phone or computer and instead of texting, emailing, or calling someone on the phone make a point to build a relationship with someone and talk to them face-to-face.

Earn 25 points making an effort to build relationships by talking to a co-worker, friend, or acquaintance face to face instead of using electronic devices. **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 or 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

- **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: _____

