

2023 Quarter 4 Wellness Challenges



Physical Wellness

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| <ul style="list-style-type: none">• 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. | <p>Earn 10 points for each week you get 150 minutes or more of exercise.
Maximum of 120 points.</p> | <p>Points
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| <ul style="list-style-type: none">• 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 | <p>Earn 20 points for maintaining your weight during the upcoming holiday season. Maximum of 20 points.</p> | <p>Points
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| <ul style="list-style-type: none">• 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. 2) Make a plan to quit tobacco 3) Sign up for a coaching session at waytoquit.org. | <p>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.</p> | <p>Points
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Nutrition

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| <ul style="list-style-type: none">• 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
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| <ul style="list-style-type: none">• 30-day Clean-ish Eating Challenge – Work on cleaning up your eating habits. Complete the checklist by December 31st to receive wellness points. | Earn 30 points for completing the 30-day Clean-ish Eating Challenge.
Maximum of 30 points. | Points
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| <ul style="list-style-type: none">• Healthier Holiday Eating – 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:
https://thecleaneatingcouple.com/30-healthy-holiday-desserts-you-need-to-try/
https://www.foodnetwork.com/healthy/photos/healthy-holiday-baking
https://pinchofyum.com/9-healthy-holiday-treats | Earn 10 points each traditional treat you replace with a healthier holiday treat. Maximum of 30 points. | Points
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Emotional Wellness

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| <ul style="list-style-type: none">• Restful Night Challenge – Adults should be sleeping 7-9 hours per night in order to have quality sleep. Identify your ideal sleep time. Maintain this for 30 days, avoiding the use of the snooze button, in order to build a better sleep habit | Earn 25 points for maintaining a sleep schedule of 7-9 hours each night.
Maximum of 25 points. | Points
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| <ul style="list-style-type: none">• Suicide Awareness – Check out LiveOn's website https://liveonutah.org/ under Give Help to read about the warning signs for suicide plus Attend the online suicide prevention training class at https://liveonutah.org/playbook/ | 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. Maximum of 30 points. | Points
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| <ul style="list-style-type: none">• Excuse you – No Blaming – Feeling resentful toward others has been scientifically demonstrated to impact physical and emotional health and can be linked to high blood pressure, heart disease, headaches, fatigue and elevated stress. | Earn 1 point for each day you find yourself not placing blame on another. Maximum of 30 points. | Points
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Intellectual Wellness

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| <ul style="list-style-type: none">• Weber Reads - Participate in one of the Book Discussions for October – December at the Library. Visit the website for details on the books being read.
https://www.weberpl.lib.ut.us/events/weber-reads | Earn 15 points for reading one of the books and another 15 points for participating in the book discussion.
Maximum of 30 points. | Points
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| <ul style="list-style-type: none">• Managing Conflict Effectively For October 10th at 12-1pm – Attend the virtual EAP session called Managing Conflict Effectively. It is scheduled for October 10th from 12 – 1pm. To sign up to attend click on this link.
https://www.surveymonkey.com/r/KX9VVNT
We will only send the meeting invite to those who sign up to attend. | Earn 20 points for attending the EAP seminar called Managing Conflict Effectively. Maximum of 20 points. | Points
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| <ul style="list-style-type: none">• Experience the Arts – Attend and/or participate in cultural events online or in person. Music, plays, museums, the arts, dance and other cultural activities can help express creativity and stimulate your brain in new ways. | Earn 10 points each time you attend an event. Maximum of 30 points. | Points
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Environmental Wellness

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| <ul style="list-style-type: none">• Go Paperless – A decrease in paper usage is a boon for the environment and a strong first step toward limiting your overall ecological impact. Switch from paper to digital, Invite participants electronically, use phones or computers to keep track of to-do lists, or opt for emailed receipts when possible. | Earn 1 point for every day you take steps to go paperless.
Maximum of 20 points. | Points
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| <ul style="list-style-type: none">• 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
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| <ul style="list-style-type: none">• 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 30 points. | Points
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Financial Wellness

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| <ul style="list-style-type: none">• 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. <u>By</u> | Earn 20 points for starting The Penny Challenge. Maximum of 20 points. | Points
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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 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

<ul style="list-style-type: none"> • Money Matters – Complete each of these challenges to earn points towards your wellness reward. <ol style="list-style-type: none"> 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%. 	<p>Earn 10 points for clipping and using 20 coupons.</p>	<p>Points _____</p>
	<p>Earn 5 points for creating your social security account.</p>	
	<p>Earn 10 points for increasing your H.S.A or 401K/457 by 1%.</p>	
	<p>Maximum of 25 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.</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 100 points.</p>	<p>Points _____</p>
<ul style="list-style-type: none"> • Tis the Season for Giving – Participate in a food drive, clothing drive, toy drive, etc. by donating at least 5 items. 	<p>Earn 10 points per item (food/clothing/toy) you donate this quarter. Maximum of 100 points.</p>	<p>Points _____</p>
<ul style="list-style-type: none"> • 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. 	<p>Earn 15 points per month if you participated in a Take Ten moment at least four times that month. Maximum of 30 points.</p>	<p>Points _____</p>

Social Wellness

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| <ul style="list-style-type: none">• 12 days of Kindness – Kindness is contagious. It inspires us to act with courageous compassion and help those around us. Kindness connects us with empathy, bringing more meaning motivation, and love to our lives.
https://www.betterup.com/blog/12-days-of-kindness-challenge#day-1:-write-a-thank-you-note. | Earn 25 points for completing the 12 Days of Kindness Challenge.
Maximum of 25 points. | Points
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| <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
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| <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 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

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| <ul style="list-style-type: none">• Attend Weber County's Open Enrollment Fair on November 15. This will be your best opportunity to talk with vendors regarding your current benefits, new benefits, employee discounts at partner locations and more. | Earn 10 points when you attend the Open Enrollment Fair and talk to 3 vendors. Maximum of 10 points. | Points
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| <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
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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. | 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
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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: _____

