

2024 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

- **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

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. | <p>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.</p> | <p>Points
_____</p> |
| <ul style="list-style-type: none"> • Every week you try one new/different probiotic food, you earn 10 points. Examples of probiotic foods are unsweetened yogurt, raw cheeses, pickled vegetables, sauerkraut, kimchi, raw apple cider vinegar, brine-cured olives, kefir, and fermented soybean dishes. | <p>Earn 10 points for trying new probiotic food once per week
 Maximum of 30 points.</p> | <p>Points
_____</p> |
| <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 | <p>Earn 10 points each traditional treat you replace with a healthier holiday treat. Maximum of 30 points.</p> | <p>Points
_____</p> |

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 | <p>Earn 25 points for maintaining a sleep schedule of 7-9 hours each night.
 Maximum of 25 points.</p> | <p>Points
_____</p> |
| <ul style="list-style-type: none"> • Bravo Award - Give a Bravo Award to a coworker who went above and beyond. | <p>Earn 10 points for each Bravo Award you give out. Maximum of 30 points.</p> | <p>Points
_____</p> |
| <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. | <p>Earn 10 points for each time you take accountability and find yourself not placing blame on another. Maximum of 30 points.</p> | <p>Points
_____</p> |

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 | <p>Earn 15 points for reading one of the books and another 15 points for participating in the book discussion.
Maximum of 30 points.</p> | <p>Points
_____</p> |
| <ul style="list-style-type: none"> • 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 | <p>Earn 50 points for preparing an emergency Go Kit for your family.
Maximum of 50 points.</p> | <p>Points
_____</p> |
| <ul style="list-style-type: none"> • Desk Emergency Preparedness Kit – 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 emergency evacuation plan set up for your office location and attend the fire safety training for your department. You can contact Carrie Crawley in Human Resources to review the emergency evacuation plan and get details about the fire safety training. | <p>Earn 20 points for creating a Desk Emergency Preparedness Kit.
Maximum of 20 points.</p> | <p>Points
_____</p> |

Environmental Wellness

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| <ul style="list-style-type: none"> • 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 . | <p>Earn 1 point for every day you take steps to save water.
Maximum of 20 points.</p> | <p>Points
_____</p> |
| <ul style="list-style-type: none"> • Reusable Water Bottle - Carry a reusable water bottle instead of using plastic-bottled or canned drinks. | <p>Earn 1 point for every day you bring and use a reusable water bottle while at work. Maximum of 60 points.</p> | <p>Points
_____</p> |
| <ul style="list-style-type: none"> • Prevent Illness - Help prevent illness by washing, disinfecting, or replacing any of the following most germ-filled items in your home, 1) kitchen sponge, 2) cell phone, 3) toothbrush holder, 4) purse or wallet, 5) pet toys, 6) baby toys, 7) coffee maker 8) refrigerator handle. | <p>Earn 2 points for each item you wash and disinfect or replace. Maximum of 16 points.</p> | <p>Points
_____</p> |

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 the end of the year you could have \$667.95.</u> 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 | <p>Earn 20 points for starting The Penny Challenge. Maximum of 20 points.</p> | <p>Points
_____</p> |
| <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>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> | <p>Points
_____</p> |
| <ul style="list-style-type: none"> • Attend Weber County’s Financial Literacy Class – This will be held in Room 312 in the Weber Center, details will be sent out. | <p>Earn 20 points for attending the Weber County Financial Literacy Class. Maximum of 20 points.</p> | <p>Points
_____</p> |

Mental Wellness

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|---|--|-------------------------|
| <ul style="list-style-type: none"> • Volunteer - Spend at least 30 minutes each month volunteering around Weber County | <p>Earn 10 points for each time you volunteer 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> |
| <p>Personal Reflection – Take time each day to journal and reflect on the day. Where could you do better? What did you do well?</p> | <p>Earn 10 points each month for writing and journaling. 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. | <p>Earn 25 points for completing the 12 Days of Kindness Challenge.
Maximum of 25 points.</p> | <p>Points
_____</p> |
| <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. | <p>Earn 5 points for reaching out to one friend/neighbor
Earn 10 points for reaching out to two friends/neighbors
Maximum of 10 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

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|---|-----------------------|-------------------------|
| <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 you 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

- **Attend Weber County's Open Enrollment Fair.** Earn 10 points when you attend the Open Enrollment Fair and talk to 3 vendors. **Maximum of 10 points.** Points
_____ This will be your best opportunity to talk with vendors regarding your current benefits, new benefits, employee discounts at partner locations and more.
- **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: _____

