

2021 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 _____
- **Just Dance** – Dancing is a whole-body workout that’s excellent for your heart, balance, and coordination. Turn on some music and just start dancing. Try this in the morning or when you come home from work for a quick energy boost that doesn’t require workout clothes or a shower. If you like more structure, try a dance workout video, dance class or night out dancing with friends. Earn 25 points for completing 100 minutes of dance over a 30-day period. **Maximum of 25 points.** Points _____
- **Squat 1500** – When done properly, squats target several important muscles, including your legs and core. Check out videos online if you’d like a visual tutorial. Keeping these muscles strong throughout your life will prevent injuries and strain. Squats also improve circulation, flexibility and joint health. Earn 50 points for completing 50 squats a day for the next 30 days. If you prefer resting your muscles for a day, do 100 squats every other day. **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 _____
- **3 Square (three meals a day challenge)** – Eat three health meals a day with no snacking in between for at least 30 days. The goal is to help you regulate how much food you eat without the complexity of counting calories. Earn 1 point for every day you eat 3 healthy meals a day without snacking in-between. **Maximum of 30 points.** Points _____
- **Avoid soda** - Avoid soda intake. Earn 1 point for every day you avoid drinking soda. **Maximum of 30 points.** Points _____

Emotional Wellness

- **Grow an indoor or outdoor vegetable/fruit/herb garden** – Studies have shown that gardening (in or outdoors) is linked to an increase in life satisfaction, psychological well-being, and cognitive function, as well as reductions in stress, anger, fatigue, and depression and [anxiety symptoms](#). One resource to help get started for indoor gardens is <https://www.shape.com/lifestyle/mind-and-body/how-to-start-an-indoor-garden>. Two for outdoor gardens are <https://commonsensehome.com/start-a-garden/> and <https://gardenerspath.com/how-to/design/guide-to-square-foot-gardening/>.
Earn 50 points for planting a garden. **Maximum of 50 points.** Points _____
- **Manage Stress** – Find an outlet for managing your stress. For some, a workout helps alleviate daily stress. For others, a hobby helps keep them calm.
Earn 5 points for each activity you participate in for managing your stress, i.e. yoga, meditation, calming activity, etc. **Maximum of 50 points.** Points _____
- **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

- **Read (or listen) and participate in one of the following Weber County Library Book Discussion: 1) *Lost Boy Found* on Tuesday, April 27th at 7:00 pm or 2) *The Curious Incident of the Dog in the Night-Time* on Tuesday, May 11th at 7:00 pm** - Ask your librarian for details about the discussion meetings, or call to register over the phone. You may also register online by visiting <https://www.weberpl.lib.ut.us/discover/grown-ups-corner/>
Earn 20 points for reading the book and another 30 points for participating in the Book Discussion. **Maximum of 50 points.** Points _____
- **Get enough sleep** - Getting the right amount of sleep strengthens your immune system, helps you solve problems, helps you reason better, and increases your memory.
Earn 1 point for every night you get 8 hours of sleep. **Maximum of 30 points.** Points _____
- **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 _____

Environmental Wellness

- **Reusable Bags** - Bring your own reusable bags to the grocery store instead of using plastic bags.

Earn 1 point for each time you use a reusable grocery bag at the store. **Maximum of 20 points.**

Points _____
- **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 _____
- **WasteNot (Avoid disposables)** – Count how many disposables items you use over 30 days. The goal of this challenge is to make you more aware of how many disposables you use and hopefully encourages you to minimize their use.

Earn 1 point for each day you count your disposables. **Maximum of 30 points.**

Points _____

Financial Wellness

- **Track your spending** - Use any spending tracker tool available.

Earn 20 points for each month you track your spending. **Maximum of 60 points.**

Points _____
- **URS Financial Wellness Program** – URS has developed a new program to help people focus on Financial Wellness. They are holding an online presentation on **Monday, April 5th at 3:00 pm, Wednesday, April 7th at 9:00 am, or Friday, April 9th at 12:00pm.**

Earn 25 points for attending one of the URS Financial Wellness Presentations. **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 time you serve in the community for 30 minutes or more. **Maximum of 30 points.**

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

Earn 10 points each month for writing and keeping track of only the positive things that happen each day. **Maximum of 30 points.**

Points _____
- **Mindful Moment** – Watch the 10-minute video from the Health Dept. called *A Brief Mindful Moment* and practice the mindful moment at

Earn 10 points per month if you participated in the mindful moment

Points _____

least once a week.

<https://elevateweber.com/wp-content/uploads/2021/03/Feb-Wellness-Video-HD.mp4>

at least four times that month.

Maximum of 30 points.

Social Wellness

- **Think Again** - Read or listen to the book called "Think Again: The Power of Knowing What You Don't Know" by Adam Grant
Earn 25 points if you read (listen) to the book. ***In order to get the points, submit 5 take-a-ways you learn from the book. Maximum of 25 points.*** Points

- **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

- **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

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|--|----------------|-----------------|
| 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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|---|---|-----------------|
| • 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: _____

