

2021 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 _____
- Create and follow your own exercise routine** – Consistency is the number one factor in getting results. The best workout routine in the world is useless if you don't actually do it. So, the challenge is to get out a piece of paper, write down the routine you want to follow, and consistently tackle the routine for the entire quarter (90 days). Earn 25 points for creating and following your own exercise routine. **Maximum of 25 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

- 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 _____
- Create a meal plan at Myplate.gov** – get help with creating a meal plan, food group goals, recipes, food group targets, as well as tips and guides regarding nutrition, meal planning, snacking and more. Earn 30 points for taking the my plate quiz and finding tip sheets to create your own summer nutrition plan. **Maximum of 30 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

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| <ul style="list-style-type: none"> • Health Benefits of Laughter – Learn how laughter has a beneficial impact on physical, mental, and social health, as we explain methods for adding more laughter to your life. Lunch & Learn on Tuesday, August 3rd at 12:00 pm. | <p>Earn 25 points for attending the Lunch & Learn. Maximum of 25 points.</p> | <p>Points _____</p> |
| <ul style="list-style-type: none"> • 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. | <p>Earn 5 points for each activity you participate in for managing your stress, i.e. yoga, meditation, calming activity, etc. Maximum of 50 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 1 point for every Bravo Award given to a co-worker. Maximum of 10 points.</p> | <p>Points _____</p> |

Intellectual Wellness

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| <ul style="list-style-type: none"> • Book Club - Participate in one of the Book Discussions for July and August. Visit the website for details on the book being read. https://www.weberpl.lib.ut.us/discover/grown-ups-corner. | <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"> • Improve Time Management - Prioritize tasks in order of importance and tackle the most important first, Make a "To-Do" list that allows you to cross off completed tasks as you go, Multi-task within your limits | <p>Earn 30 points for creating and following your own time management plan. Maximum of 30 points.</p> | <p>Points _____</p> |
| <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/. | <p>Earn 20 points for attending a workshop. 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"> • Recycle – The goal is to build a habit of recycling. Sites like how2recycle.info, earth911.com, and checking with your city or | <p>Earn 5 points for each week you take items to be recycled. Maximum of 30 points.</p> | <p>Points _____</p> |

work about recycle bins or practices are great places to start.

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 | Earn 20 points for starting The Penny Challenge. Maximum of 20 points. | Points _____ |
| <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%. | 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 _____ |
| <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. | Earn 20 points for attending a retirement planning session. Maximum of 20 points. | Points _____ |

Spiritual Wellness

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| <ul style="list-style-type: none">• 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 _____ |
| <ul style="list-style-type: none">• Personal Reflection – Take time each day to journal and reflect on the day. Try guided journal pages if you are just starting out: | Earn 10 points each month for writing and journaling. Maximum of 30 points. | Points _____ |

<https://psychcentral.com/blog/30-journaling-prompts-for-self-reflection-and-self-discovery#2>

- **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

- **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

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: _____

