The early winter months are full of cheer and good spirits. They are also full of stress, hectic schedules, and over-eating. All of the extra activities and expectations can throw you off your routine.

The Winter Wellness Challenge is an opportunity to keep wellness at the top of your to-do list. You don’t have to wait until New Year’s to make a resolution to take care of yourself!

**RULES:**

- Complete one wellness activity a day from the Winter Wellness Challenge activity list.
- Complete 3 tasks from each category: Physical, Nutrition, Well-Being, & Community.
- Fill in the activity number in the appropriate date.

**UND Employees**
Submit your tracking sheet to Work Well, Stop 8365 or email to UND.workwell@UND.edu.

**ALTRU Employees**
Submit your tracking sheet to Employee Health or email to wellness@altru.org.

**Deadline to submit tracking sheet:** December 21, 2019.
1. Walk a flight of stairs 2x today
2. Walk during your lunch or breaks
3. Try a new exercise class or video
4. Stand up from your desk & stretch every hour
5. Chair Squats: stand up from your chair without using your arms & repeat 10 times
6. 30 minutes of cardio exercise
7. Add 15 minutes of strength training to your exercise routine
8. Walk to a coworkers office today instead of sending emails
9. Ask a coworker to take a walk
10. Stand during phone calls
11. Check your monitor, the top 1/3 should be above eye level
12. Wall Sit: lower into seated position with back against the wall & hold

13. Eat one green food
14. Make half of your plate vegetables
15. Stash healthy snacks in your desk
16. Drink an additional 8 oz of water
17. Bring a healthy treat to share with coworkers
18. Eat a healthy breakfast containing protein
19. Bring your own lunch to work
20. Give up soda for 24 hours
21. Make a traditional recipe with healthier ingredients
22. Eat without any electronics: TV, phone, or computer
23. Order a side salad instead of french fries
24. Eat lunch away from your desk

25. Practice deep breathing for one minute 2x during work
26. Look away from the computer for 30 seconds every hour
27. Share a positive news story with a coworker
28. Eat lunch with a coworker
29. Ditch negative talk; have a positive outlook all day
30. Politely greet and smile at a stranger
31. Make a winter budget
32. Write down 5 reasons you are grateful
33. Get at least 7 hours of sleep
34. Find an inspiring quote & share it
35. Declutter your desk
36. Meditate

37. Do something nice for a coworker
38. Donate a gift to a toy drive
39. Tell a coworker how they helped you this past year
40. Clean a shared workspace or staff break area
41. Donate food to a food bank
42. Volunteer for 1 hour
43. Pay it forward with a random act of kindness
44. Use reusable shopping bags
45. Organize an after hours office get-together
46. Get to know a new coworker