



WINTER WELLNESS

CHALLENGE DECEMBER 2-13

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 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 per day from the Winter Wellness Challenge activity list (located on the back).
- Complete 3 activities from each category: Physical, Nutrition, Well-Being, and 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.



WINTER WELLNESS CHALLENGE

Name _____

Department _____

Phone _____ Email _____

UND Employee Altru Employee

COMPLETE ONE WELLNESS ACTIVITY PER DAY

Monday, December 2
Wellness Task # _____

Friday, December 6
Wellness Task # _____

Tuesday, December 10
Wellness Task # _____

Tuesday, December 3
Wellness Task # _____

Saturday, December 7
Wellness Task # _____

Wednesday, December 11
Wellness Task # _____

Wednesday, December 4
Wellness Task # _____

Sunday, December 8
Wellness Task # _____

Thursday, December 12
Wellness Task # _____

Thursday, December 5
Wellness Task # _____

Monday, December 9
Wellness Task # _____

Friday, December 13
Wellness Task # _____

PHYSICAL

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. Do 30 minutes of cardio exercise
7. Add 15 minutes of strength training to your exercise routine
8. Walk to a co-workers office today instead of sending emails
9. Ask a co-worker 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

NUTRITION

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 co-workers
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

WELL-BEING

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 co-worker
28. Eat lunch with a co-worker
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. De-clutter your desk
36. Meditate

COMMUNITY

37. Do something nice for a co-worker
38. Donate a gift to a toy drive
39. Tell a co-worker 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 co-worker

