



Join us for a 30 day New Year New You Challenge!

CHALLENGE STARTS:
MONDAY, JANUARY 13TH
CHALLENGE ENDS:
WEDNESDAY, FEBRUARY 12TH

PRIZES AVAILABLE INCLUDE (but not limited to):

- APPLE WATCH SERIES 5 • 2 YEAR ALL-CLUB SPORT MEMBERSHIP (24 HR FITNESS)
- RING VIDEO DOORBELL 2 • REI GIFT CARD • BIG 5 SPORTING GOODS GIFT CARD
- DICK'S SPORTING GOODS GIFT CARD • VISA GIFT CARD

HOW IT WORKS:

- This challenge focuses on all areas of “wellness” — fitness, nutrition, general wellbeing, and community
- On the next page, there is a chart of different wellness activities you can choose from
- Every day from January 13th through February 12th, do one wellness activity and document it on the attached calendar
- Email your calendar to benefits@scd.org by February 14th. Everyone who completes the challenge will be entered into a raffle for prizes!

TERMS OF ELIGIBILITY:

- HealthQuotient must be completed prior to the end of this challenge
- Extra Credit: If you can complete your HQ by January 31st, you will receive an additional raffle entry.

** Please note: Members and spouses are eligible and must be enrolled in Reta's Medical Benefits to participate.*

Complete at least 1 wellness activity each day from January 13 – February 12

Record daily on your wellness calendar

FITNESS	NUTRITION	GENERAL WELLBEING	COMMUNITY
1. Walk up a flight of stairs 3 times in one day	8. Eat a balanced lunch containing a protein, whole grain, and fruit or veggies	15. Practice deep breathing for one minute 2x during your work day	22. Do something nice for a coworker or friend without being asked
2. Walk 15 minutes during your break/lunch	9. Eat two servings of fruit during your workday	16. Eat lunch away from your desk or worksite	23. Donate a gift to a community toy drive
3. Attend a fitness class at your local gym	10. Say “no thank you” to unhealthy treats in the break room	17. Wake up 15 minutes early to pray or meditate	24. Volunteer your time at a local shelter or assisted living facility
4. Do 12 “chair squats” (stand up from your chair without using your arms for assistance)	11. Drink 64oz of water during the day	18. Take a break from the TV or computer screen at home and read a book	25. Thank a coworker and let him/her know how they helped or supported you in the last year
5. Do at least 30 minutes of continuous cardio activity	12. Eat a healthy snack in the midmorning or afternoon	19. Spend 15 minutes outside	26. Donate food to a local food drive
6. Walk at least 10,000 steps during the day	13. Eat at least two servings of vegetables during your workday	20. Go to bed 30 minutes early	27. Clean and organize a shared work space or break area
7. Stand up at your desk and move at least 5 minutes each hour	14. Avoid eating any sweets or desserts for 24 hours	21. Connect with a WebMD Health Coach	28. Share a positive news story when discussing current events with others

January 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13 Wellness activity _____	14 Wellness activity _____	15 Wellness activity _____	16 Wellness activity _____	17 Wellness activity _____	18 Wellness activity _____
19 Wellness activity _____	20 Wellness activity _____	21 Wellness activity _____	22 Wellness activity _____	23 Wellness activity _____	24 Wellness activity _____	25 Wellness activity _____
26 Wellness activity _____	27 Wellness activity _____	28 Wellness activity _____	29 Wellness activity _____	30 Wellness activity _____	31 Wellness activity _____	

February 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Wellness activity _____
2 Wellness activity _____	3 Wellness activity _____	4 Wellness activity _____	5 Wellness activity _____	6 Wellness activity _____	7 Wellness activity _____	8 Wellness activity _____
9 Wellness activity _____	10 Wellness activity _____	11 Wellness activity _____	12 Wellness activity _____			

Please print clearly

First Name: _____

Last Name: _____

Parish/School/Agency Name & Address:

*Raffle prizes will be mailed to your location