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The 12 Days of Wellness Challenge

Name: _____ **EIN:** _____

Day 1: Activity #: ____	Day 2: Activity #: ____	Day 3: Activity #: ____	Day 4: Activity #: ____
Day 5: Activity #: ____	Day 6: Activity #: ____	Day 7: Activity #: ____	Day 8: Activity #: ____
Day 9: Activity #: ____	Day 10: Activity #: ____	Day 11: Activity #: ____	Day 12: Activity #: ____

Fitness

1. Take the stairs twice in one day. (The more, the merrier)
2. Walk at least 20 minutes during your lunch break.
3. Take a Be Well Stretch Break.
4. Do at least 30 minutes of continuous cardio exercise.
5. Add a 30 minute strength training session to your day.
6. Perform flexibility exercises for at least 10 minutes.

Nutrition

7. Make half your meal plate fruits and vegetables.
8. Eat a healthy snack.
9. Drink an additional 8oz of water during your work day.
10. Try a healthier alternative to a traditional holiday recipe.
11. Practice mindful eating.
12. Eat a healthy breakfast.
13. Eliminate one “bad” food from your diet.

Well-Being

14. Practice deep breathing for 1 minute, twice during your work day.
15. Rest your eyes from the computer screen every hour.
16. Wake-up 15 minutes early to take time to relax before starting your day.
17. Eat a healthy lunch away from your desk or worksite.
18. Write down 12 things you are thankful for.
19. Organize one part of your life – car, desk, kitchen, closet, etc…

Community Engagement

20. Donate to a community organization.
21. Thank a co-worker and let them know how they’ve helped you or the department.
22. Clean or organize a shared workspace or break area.
23. Decorate your office work workspace with holiday cheer.
24. Donate food to your local food bank.
25. Pay it forward with one random act of kindness.
26. Volunteer your time.

Submit this completed calendar no later than January 8, 2016

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