



3rd Quarter Wellness Challenges 2022



Physical

- **Movement 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/cardio; anything that gets your heart rate up and gets you moving.

Earn 10 points for each week you get 150 minutes or more of exercise.

Maximum of 120 points

Points_____

Nutrition

- **Hydration Challenge**

Drink enough water. Proper hydration is key to organ function and has an important role in your overall health.

10 points for 32 oz a day – 30 days

15 points for 48 oz a day – 30 days

20 points for 64 oz a day – 30 days

Maximum of 20 points

Points_____

- **Soda Intake**

Avoid drinking soda. Soda consumption is linked to an increased risk of Type 2 diabetes. High amounts of soda can also increase headaches, wear the enamel on your teeth, and has no nutritional value.

Earn 1 point for each day you avoid drinking soda.

Maximum of 30 points

Points_____

Emotional

- **Plants, Plants, and more Plants**

Gardening is linked to several psychological benefits. Caring for plants can reduce stress, fatigue, and Depression. Boost your mental health by starting an indoor or outdoor garden. Head to the nursery and get started with attracting positive energy with rosemary, bamboo, lavender, orchids, jasmine, aloe vera, peppermint, snake plants, spider plants, or a peace lily.

Earn 25 points per plant.

Maximum of 50 points

Points_____

- **Burnout**

Attend one of the following virtual seminars brought to you by our EAP Provider. Developing Emotional Intelligence, Compassion Fatigue, Disconnecting from Work, Managing Workplace Trauma, Becoming your most resilient self, or Managing conflict effectively. (QR CODES BELOW)

Supervisor Training: Managing Workplace Trauma

<https://intermountainhealthcare.org/services/employee-assistance-program/resources/training/>

Earn 25 points for attending.

Maximum of 25 points

Points _____

- **Kudos Awards**

Let your co-workers know they rock! Doesn't have to be in your department, can be any of us. We shine brighter by lifting others.

Earn 1 point for each kudos given

Maximum of 10 points

Points _____

Intellectual

- **Personality Traits**

Take the free Enneagram test and learn which of the 9 personality types suits you best. Discuss your Enneagram with your co-workers to learn about their numbers as well. (QR CODE BELOW)

<https://www.truity.com/test/enneagram-personality-test>

Earn 10 points for taking the free online test. Earn an additional 5 for sharing with a co-worker.

Maximum of 15 points

Points _____

- **Read, Listen, do both?**

Reading improves your focus, your memory, and communication skills. It can also help enhance your grammar and boost your mental health by reducing stress. Pick a trending book, podcast, or maybe even both.

*Atomic Habits by James Clear

*Greenlights by Matthew McConaughey

*Podcast – Friends with Mental Health Benefits

*Podcast – The Mindset Mentor with Rob Dial

Earn 25 points for reading a new book. Earn 10 points for listening to 5 episodes of a new podcast.

Maximum of 25 points

Points _____

Environmental

- **Reusable Bags**

Did you know it takes 1000 years for a plastic bag to break down in the landfill?

Bring your own reusable bags to the grocery store Instead of using plastic bags.

Earn 1 point for each time you bring your own bags.

Maximum of 20 points

Points _____

- **Make Earth Pretty Again**

Participate in community recycling, help clean up our trails, highways, parks, etc. Get out and about, safely enjoy the sun, take a bag with you to clean up along the way.

Earn 15 points for cleaning up our community.

Maximum of 15 points

Points _____

Financial

- **Track your spending**

Use any spending tracker tool available, keep a monthly household budget.

Earn 20 points for each month tracked.

Maximum of 60 points

Points_____

Mindfulness

- **Think Positively**

Writing down positive thoughts, manifesting your goals, using affirmations; all of these are one way to start viewing your life in a positive manner. You are in control of how you respond to the negativity around you. Find a relaxing spot, once a day, to reflect.

Earn 10 points for each month practicing mindfulness.

Maximum of 30 points

Points_____

Social

- **Donations**

Gather with a group or individually. Put together any type of donation for those in need. Quilts for the hospital, dropping clothes at the YCC, taking new and unopened food to the animal shelter, take your books to a free neighborhood library, make a hygiene kit for the homeless.

Earn 25 points for putting together and dropping off donations.

Maximum of 25 points

Points_____

- **Reach Out**

Check in on those around you. So often, we are consumed in our own lives and are unaware of what others are going through. Keep it simple, just reach out and check in, send a treat if you know they need some uplifting. Find ways to connect and keep us all afloat.

Earn 5 points each time you reach out and check in.

Maximum of 10 points.

Points_____

- **Hey Girl, Hey**

Give a stranger a shout out! Step out of your comfort zone. We all love to receive a simple compliment, it can truly brighten your day. Keep it easy, i.e. I like your curls, your jacket is nice, your dog is cute, nice shoes, thank you for being patient with me, thanks for your help finding xyz item, etc. Try it for the next 30 days.

Earn 25 points for striving to compliment all 30 days.

Maximum of 25 points

Points_____

Screenings and Check-ups

-Complete your annual vision exam	Earn 10 points	Points_____
-Complete your bi-annual or annual bloodwork	Earn 10 points	Points_____
-Complete your annual skin cancer screening	Earn 15 points	Points_____
-Get your flu shot or Covid vaccine	Earn 15 points	Points_____
-Complete your annual physical	Earn 20 points	Points_____
-Complete your annual dental exam	Earn 20 points	Points_____
-Complete your annual mammogram or prostate exam	Earn 30 points	Points_____
-Complete your colonoscopy exam	Earn 50 points	Points_____

Bonus*Bonus*Bonus

You've made it this far, give it just a little bit extra and bring home those points!

- **Recipe**
Tag Roy City Wellness in your recipe posts on Instagram Earn 10 points per qtr Points_____
- **Workouts**
Tag Roy City Wellness in your exercise posts on Instagram Earn 10 points per qtr Points_____
- **Photos**
Tag Roy City Wellness in your selfie posts of you completing any of the challenges. Earn 10 points per qtr Points_____

Photograph Rights: By tagging Roy City Wellness in your social media posts, you certify that you are over the age of eighteen (18) and are the copyright owner of the photograph, or you have permission from the copyright owner to use it for the purposes outlined herein. You hereby grant Roy City Corporation and Roy City Wellness to use the photograph to promote wellness amongst employees without compensation to you.

If there are others in your tagged/submitted photograph, you certify that you have received their permission. If they are a minor, that you have received the permission of their parent or guardian as it is used for the purposes outlined above. Furthermore, you agree to release and indemnify Roy City and its employees from and against any claims and liabilities relating to the use of your photograph.

Total Points Earned _____



EAP Trainings/Seminars and Personality Traits QR Codes.



Developing Emotional Intelligence



Managing workplace trauma



Compassion Fatigue



Becoming your most resilient self



Disconnection from work



Managing conflict effectively

Supervisor Training



Managing workplace trauma

Personality trait test

(intellectual)



The Enneagram Personality Test