

DC Wellness Challenge 2015

Individual



Team



Bonus



| Week | January | February | March |
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| 1 | <p>Join DC Wellness Challenge 2015 group FB page. Drink 4 glasses of water per day (I). Link to 'Rethink Your Drink' - www.durham.ca/departments/health/food_nutrition/healthy_eating/rethinkDrinkResource.pdf Link to Poster (Small Steps to Healthier Eating)– Drink water to satisfy your Thirst (scroll down to poster #3) www.durham.ca/departments/health/food_nutrition/healthy_eating/smallStepsPosters.pdf</p> | <p>Take time for yourself. E.g. breaks, do something new or enjoy (I)</p> | <p>Brown bag lunch/ each day for this week (I) Link to Pack Some Wow in Your Lunch: https://www.durham.ca/departments/health/food_nutrition/healthy_eating/vegetablesFruit/smartSnacksPamphlet.pdf</p> |
| | <p>Form wellness teams (can be within dept. or with others throughout the college). (T)</p> | <p>30 minute walk with 1 or more members of your team (T) Link to Durham Region Trails Guide: http://www.durhamtourism.ca/brochures/TrailsGuide.pdf</p> | <p>Challenge another team to do 1 minute planks. Post pictures and results on FB page (T)</p> |
| | <p>Get to bed before 11:30pm at least three (3) nights this week (B).</p> | <p>Attend "Heart Wellness Session" hosted by Sylvia Emmorey (B).</p> | <p>Attend the "Getting Restful Sleep Wellness Session" hosted by Shepell.fgi (B).</p> |
| 2 | <p>Set up a tracking journal where you can keep track of your progress for the duration of the challenge. (I) Some examples of tracking journals include:</p> <ul style="list-style-type: none"> • MyFitnessPal (http://www.myfitnesspal.com/) • Beach Body (http://www.beachbody.com/) • S Health for Samsung Smart Phones (http://content.samsung.com/ca/content/aboutn/sHealthIntro.do) • Health Department Tracker: http://www.durham.ca/departments/health/physical_activity/PA_interactive_Planner.pdf | <p>Leave work on time (I)</p> | <p>Drink 8 glasses of water/ day in a re-usable water bottle. (I) Link to 'Rethink Your Drink' - www.durham.ca/departments/health/food_nutrition/healthy_eating/rethinkDrinkResource.pdf Link to Poster (Small Steps to Healthier Eating)– Drink water to satisfy your Thirst (scroll down to poster #3) www.durham.ca/departments/health/food_nutrition/healthy_eating/smallStepsPosters.pdf</p> |

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| | <p>Do a healthy recipe exchange and post on FB page with you and your team (T) Link to 5 different Recipe Cards – https://www.durham.ca/departments/health/food_nutrition/healthy_eating/vegetablesFruit/recipeCards/recipeCards.pdf</p> <p>Pick up Flex Centre card from Athletics</p> | <p>Do random acts of kindness and share on FB page (I/T)</p> | <p>Take 5 minutes as a department to do a series of stretches. Post on FB page stretching tips. (T)</p> |
| | <p>Plan all your meals ahead of time for the week – with proof. Post a pic to FB (B).</p> | <p>Healthy Campus Selfie Contest – post your selfie to the DC Wellness Challenge FB page (B).</p> | <p>Attend the “Spring Cleaning for your body Wellness Session” hosted by Sylvia Emmorey (B)</p> |
| 3 | <p>Start tracking food and exercise (continue to do this throughout the challenge). (I)</p> | <p>Drink 8 glasses of water per day in a re-usable glass or bottle (I) Link to ‘Rethink Your Drink’ - www.durham.ca/departments/health/food_nutrition/healthy_eating/rethinkDrinkResource.pdf</p> | <p>Do something active 2 days/week with your spouse or a friend E.g. Go for a walk, take a Zumba class, weekend yard work (I) Link to Winter Physical Activity Tips http://www.durham.ca/health.asp?nr=/departments/health/physical_activity/winterActivity.htm&setFooter=/includes/health/paFooter.inc</p> |
| | <p>Walk 10-15 minutes with 1 or more members of your team (T) Link to Walking Guide: http://www.durham.ca/departments/health/physical_activity/resources/walkingGuide.pdf</p> | <p>Challenge another team to do a 1 minute wall squat. Post pictures and results on FB page (T)</p> | <p>Challenge another team to do 25 lunges. Post pictures and results on FB page (T)</p> |
| | <p>Attend the “After Holiday Eating Wellness Session” hosted by Sylvia Emmorey. (B)</p> | <p>Shut down your technology (i.e. computer, cell, TV) by 10pm every night this week (B).</p> | <p>Set aside some time to get your finances/ taxes in order this week (B).</p> |
| 4 | <p>Share one (1) highlight or success you experienced this month on group FB page (I)</p> | <p>Get 7-8 hours of sleep per night (I)</p> | <p>Celebrate your progress on the challenge – Results? – post progress/ successes on FB page (I)</p> |
| | <p>Celebrate with your team at lunch. Post pic on group FB page (T) Link to Poster (Small Steps to Healthier Eating)– Eat together with family and friends as often as you can (scroll down to poster #4) www.durham.ca/departments/health/food_nutrition/healthy_eating/smallStepsPosters.pdf</p> | <p>Take 5 minutes as a department to do a series of stretches. Post on FB page stretching tips. (T)</p> | <p>Get together as a team and celebrate the end of the challenge – share one (1) tip or challenge task that you will continue after the challenge is over. (T) Link to Your Menu for Healthy Eating Out https://www.durham.ca/departments/health/healthyWeights/menuforHealthyEatingOut.pdf</p> |
| | <p>Create a gratitude journal (3 things you are grateful for each week) – post this week’s submission to FB (B).</p> | <p>Take some time to do CHAIR YOGA (if you can post a pic or video on the FB page): https://www.youtube.com/watch?v=TXT94370lbw</p> | <p>Subscribe to the DC “Wellness” Email which will include the monthly newsletter and wellness session announcements (B)</p> |