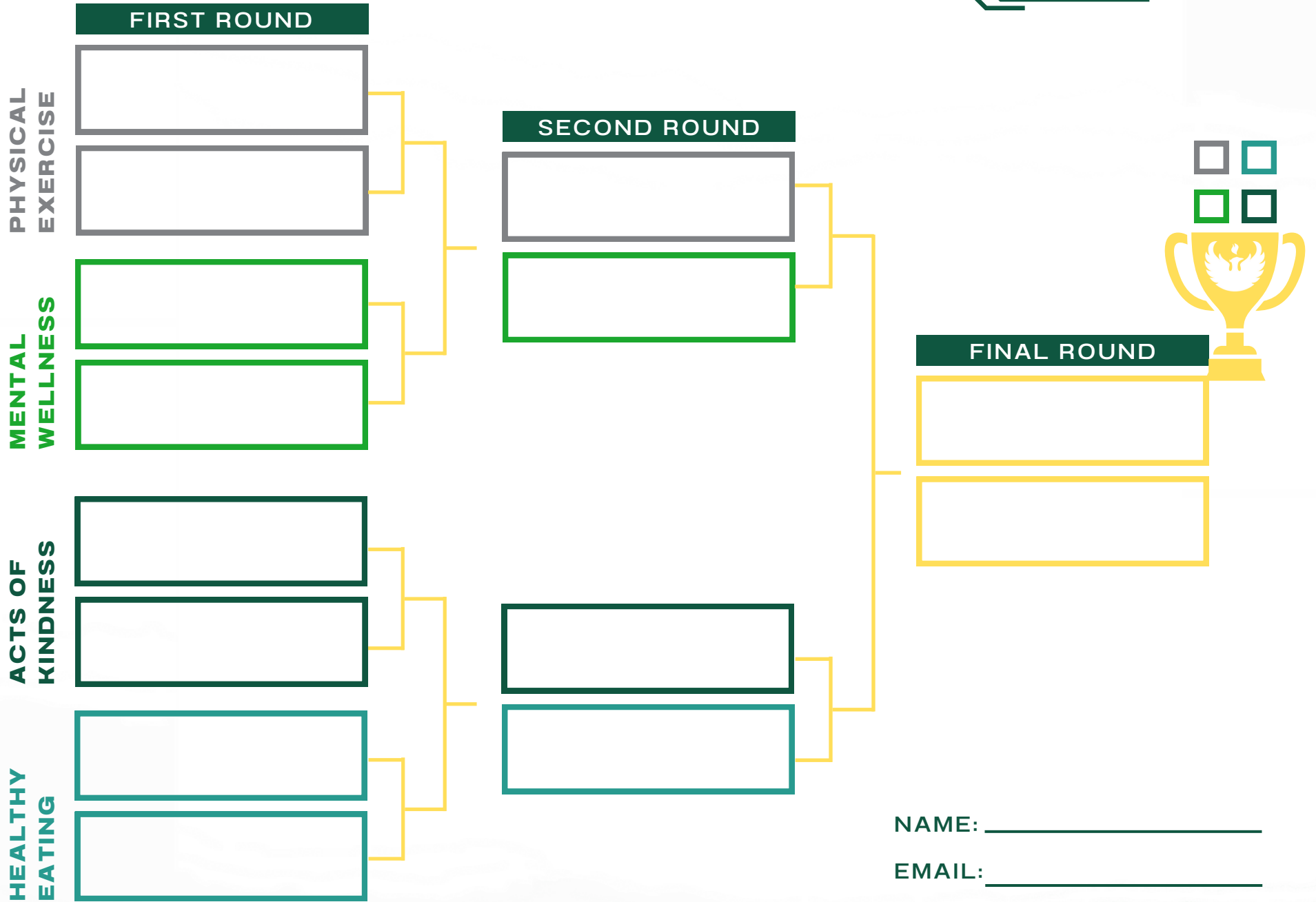


MARCH MADNESS *Wellness Challenge*



How to Play

- **Pick two activities from each category box (below)**
- **Place them in the matching category bracket**
- **Complete both activities** (per category)
- **Advance your favorite activity from each category to Round 2** (or pick a new activity from below!)
- **Advance your top two favorite categories to the Final Round**
- **Select the box above the champion cup to indicate the wellness category that WON!**

- Email the completed bracket to wellness@uwgb.edu by **March 31st** to receive a special gift!

PHYSICAL EXERCISE

- Virtual workout program
- In-person fitness class
- Deep clean kitchen/bathroom
- Get 10,000 steps in one day
- Shovel instead of snow blow
- 10 min seated chair stretches
- Go sledding for 30 minutes
- Take a walk during lunch
- Plank for 1 min
- Play a sport for 30 min
- 15 min swimming
- 15 min aquajogging
- Go ice-skating
- 30 min gym workout
- One mile run/walk
- 5K run/walk

HEALTHY EATING

- Plan your meals for a week
- Cook a meal for a friend or loved one
- Make a breakfast smoothie
- Drink water with each meal
- Have a fruit or veg at each meal
- Tune into your hunger/fullness cues
- Practice composting food scraps
- Make grocery list before shopping
- Rinse fruit/veggies
- Make overnight oats
- Eat breakfast all week
- Make a new recipe
- Build your fiber intake
- Try a new restaurant
- Practice mindful eating
- Make/buy fresh juice

MENTAL WELLNESS

- Meditate/yoga during lunch
- Checkout/explore you.uwgb.edu/
- Have a tech-free evening
- Write three goals for the week
- Do deep breathing before bed
- Practice grounding exercises
- Go to bed or get up 1 hr earlier
- Make your bed everyday
- Make a gratitude list
- Catch up with a friend
- De-clutter your desk
- Say 'no' to something
- Try a new hobby
- Watch a funny movie
- Take a nap!
- Get 8 hours of sleep

ACTS OF KINDNESS

- Send a card to an old friend
- Pick-up all trash you walk by
- Write/send a thank you letter
- Smile at everyone you see
- Let someone pass you in line
- Hold the door for someone
- Volunteer at a local shelter
- Write affirmations for a friend
- Give someone a hug
- Bring a friend coffee
- Make someone laugh
- Donate to a food bank
- Compliment a stranger
- Donate blood/plasma
- Shovel for a neighbor
- Tip someone extra