

# Fall Wellness Challenge

Take time each day of the week to focus on a different area of your wellness. From October 1 to 28, 2023, complete an activity at least 3 days each week to be entered in a prize drawing! Below are some ideas, but feel free to get creative! Just write a short note about what you did on the day you completed it, and check the last column if you completed activities at least 3 days that week. Want to share your progress and encourage your coworkers? Email a pic of you completing an activity to [wellness@uwgb.edu](mailto:wellness@uwgb.edu) and we'll share it at <https://blog.uwgb.edu/hr/category/wellness/>. Please email your completed sheet to [wellness@uwgb.edu](mailto:wellness@uwgb.edu) by November 8, 2023.

#SleepWellSunday	#MindfulMonday	#TastyTuesday	#WorkplaceWednesday	#ThoughtfulThursday	#FitnessFriday	#StressFreeSaturday	Completed at least 3 days this week?
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	

# Ideas:

Ideas:						
Sleep at least 8 hours tonight	Take a trip to the beach with UREC's guided meditation (12 minutes): <a href="https://www.uwgb.edu/university-recreation/fitness/other-fitness-resources/">https://www.uwgb.edu/university-recreation/fitness/other-fitness-resources/</a>	During a meal today, focus on enjoying your food/eating and don't do anything else	Say thank you	Send a note/email/text to someone telling them something you like/appreciate about them	Play a sport you enjoyed as a child - toss the ball in the back yard, shoot some hoops at the park, kick around the soccer ball, etc.	Spend time with your pet doing something they enjoy
Unplug from technology 20 minutes before going to bed	Self-reflect about how you can be the person you want to be	Drink 8 cups of water throughout the day	Plan a fun 'get to know you' activity for your next meeting	Volunteer at a library, shelter, pantry, school, etc.	Have a standing or walking meeting instead of sitting	Try UREC's progressive muscle relaxation (15 minutes): <a href="https://www.uwgb.edu/university-recreation/fitness/other-fitness-resources/">https://www.uwgb.edu/university-recreation/fitness/other-fitness-resources/</a>
Limit caffeine to your morning only	Write down 10 things that you are grateful for	Buy some foods that help your brain health: <a href="https://www.mhanational.org/sites/default/files/MH%20Grocery%20List_0.pdf">https://www.mhanational.org/sites/default/files/MH%20Grocery%20List_0.pdf</a>	Take a 15 minute stretch break with UREC: <a href="https://www.uwgb.edu/university-recreation/fitness/other-fitness-resources/">https://www.uwgb.edu/university-recreation/fitness/other-fitness-resources/</a>	Put aside your own viewpoint and try to view things from the other person's perspective	Complete a UREC fitness video (ex. bodyweight strength, tabata, yoga): <a href="https://www.uwgb.edu/university-recreation/fitness/ondemand-fitness/">https://www.uwgb.edu/university-recreation/fitness/ondemand-fitness/</a>	Share a funny meme/reel/joke with a friend
Get out of bed when you first hear the alarm and stretch for 5 minutes	Stop what you're doing for a few minutes to just breathe and appreciate life	Try a healthy recipe in the UWGB cookbook: <a href="https://www.uwgb.edu/UWGBCMS/media/hr/Wellness%20Items/Cookbook-Winter-2020.pdf">https://www.uwgb.edu/UWGBCMS/media/hr/Wellness%20Items/Cookbook-Winter-2020.pdf</a>	Take a break and go outside	Do something nice for someone	Go for a walk	Plan a fun day with someone you love
Consider lighting in your bedroom - make sure it is dark when you sleep and there is natural light when awake	Listen to 30 minute webinar on Self-Care Isn't Selfish: <a href="https://register.gotowebinar.com/register/4048694714248401501">https://register.gotowebinar.com/register/4048694714248401501</a>	Listen to 30 minute webinar on Understanding Fad Diets: <a href="https://register.gotowebinar.com/register/907707752636887645">https://register.gotowebinar.com/register/907707752636887645</a>	Bring a healthy snack to share with your coworkers	Help a neighbor with yard work	Try a fitness class at UREC: <a href="https://www.uwgb.edu/university-recreation/fitness/group-fitness/class-schedule/">https://www.uwgb.edu/university-recreation/fitness/group-fitness/class-schedule/</a>	Rent equipment from UREC for a fun weekend outing like kayaking on the bay, biking the trails, or hammocking: <a href="https://www.uwgb.edu/university-recreation/outdoor-adventure-recreation/equipment-rental-center/">https://www.uwgb.edu/university-recreation/outdoor-adventure-recreation/equipment-rental-center/</a>
Listen to 30 minute webinar on Optimizing Your Sleep: <a href="https://register.gotowebinar.com/register/7622783704255944025">https://register.gotowebinar.com/register/7622783704255944025</a>	Start a new book or read some poetry	Share a favorite recipe with a friend	Take a full 45 minute lunch break away from your work area	Buy coffee for someone	Dance to music you listened to in High School	Make a fun/happy music playlist
Improve your sleep environment - flip/upgrade your mattress, buy a better pillow, use a white noise machine/fan	Watch a sunrise/sunset	Use some fresh produce when preparing a meal today	Ask your coworker to go to lunch or take a walk and get to know them better - don't talk about work	Donate to an animal shelter, food pantry, library, career closet, Goodwill, etc.	Find a partner to exercise with	Enjoy your hobby! Read, paint, watch a movie/sporting event, golf, bike, take photos, etc.
Use a relaxation technique before bedtime (ex. massage, listen to relaxing music, read a book, take a bath, meditate, deep breathing, etc.)	Visit your favorite quiet place and be present	Eat a healthy meal	Try UREC's chair yoga (15 minutes): <a href="https://www.uwgb.edu/university-recreation/fitness/other-fitness-resources/">https://www.uwgb.edu/university-recreation/fitness/other-fitness-resources/</a>	Make dinner for a neighbor who has just had a baby or surgery, bring baked goods to a police/fire station, leave a treat for the delivery person, etc.	Exercise while watching TV or on your phone (sit-ups, stretching, jumping jacks, push-ups)	Take a drive and enjoy the fall colors