

# March Madness Wellness Challenge

**1ST ROUND**

3/17/24 - 3/23/24

**2ND ROUND**

3/24/24 - 3/30/24

**FINAL**

3/31/24 - 4/6/24

**2ND ROUND**

3/24/24 - 3/30/24

**1ST ROUND**

3/17/24 - 3/23/24

Physical  
Exercise

Mental  
Wellness



Healthy  
Eating

Acts of  
Kindness



**WINNER**



# HOW TO PLAY

- Pick 2 activities from each category box(below) or come up with your own activities
- 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
- Enter your favorite category in the winner box
- Email completed forms to [wellness@uwgb.edu](mailto:wellness@uwgb.edu) by 4/12/2024



## Physical Exercise

- Virtual Workout Program
- Attend a workout class at the Kress
- Deep clean a room in you house
- Get 10,000 steps in 1 day
- Shovel snow instead of snow blow
- 10 min seated chair stretches
- Take a walk during lunch
- Plank for 1 minute
- Play a sport for 30 min
- 30 min gym workout
- Go for a walk/run

## Mental Wellness

- Meditate/Yoga break
- Checkout/explore [you.uwgb.edu](http://you.uwgb.edu)
- Write 3 goals for the week
- Checkout WebMD's portal on mental health resources & group coaching
- Do deep breathing before bed
- Make a gratitude list
- Clean out your closet and donate clothes you no longer wear
- Try a new hobby
- Get 8 hours sleep

## Healthy Eating

- Plan Meals for the week
- Make a breakfast smoothie
- Drink water with each meal
- Have a fruit or veg at each meal
- Tune into hunger/fullness cues
- Make a grocery list
- Make a new recipe
- Drink your required water amount for the day
- Checkout the resources provided on Webmd portal on healthy eating tools/resources

## Acts Kindness

- Pick-up 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
- Donate to a food bank
- Write affirmations for a friend
- Give someone a hug
- Bring a friend coffee or treat
- Compliment a stranger
- Tip someone extra