

FEBRUARY Employee Wellness Challenges

"Satan does not care how many people read about prayer, if only he can keep them from praying." --Paul E. Billheimer



Physical

Get outside activity for 10 minutes for at least 12 days

10 points

Spiritual

Spend 10 minutes in prayer/devotion for 10 days

10 points

Mental

Write 3 things you're grateful for 7 days

10 points

Social

Walk to a colleague's office instead of calling

10 points

Financial

Pack a lunch instead of buying one for 5 days

10 points

Physical

Drink 0.5 ounces of water per # of body weight (no more than 1 gallon) for 10 days

10 points

Employee Wellness BONUS

Participate in Employee Wellness Indoor Picnic

20 points

Once/Semester

- Dental exam
- Physical exam
- Eye exam
- Accumulate 200 miles in activity

10 points

Extras

- Participate in intramurals
- Create a 5K adventure
- Donate blood

10 points each

Extras

- No eating 4 hours before bed 10 days
- Swap a harmful habit for a healthy one

10 points each