

JANUARY Employee Wellness Challenges

"Grace, like water, flows to the lowest part." --Philip Yancy



Physical

Take the Polar Plunge in the new Hulsey Wellness Center cold tubs

10 points

Spiritual

Attend Student Week of Prayer meetings two times

10 points

Mental

Take time for deep breathing when stressed

10 points

Social

Take a walk with a friend 5 times this month

10 points

Financial

Track your spending on food for 7 days

10 points

Physical

Achieve 10,000 steps in a day for at least 10 days

10 points

Employee Wellness BONUS

Personify Health (Virgin Pulse): create and/or participate in a challenge

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

- View Employee Wellness Website
- Participate in MLK Day of community service

10 points each