

APRIL Employee Wellness Challenges

“One of the things that has helped me as much as any other is not how long I am going to live, but how much I can do while living.” --George Washington Carver



Physical

Take a digestive walk after lunch or dinner 5 days

10 points

Spiritual

Find 3 opportunities to pray with someone this month

10 points

Mental

Take at least 5 minutes of quiet time for 10 days

10 points

Social

Identify a need and help meet it for someone

10 points

Financial

Search for discounts or coupons and use them 3 times

10 points

Physical

Get at least 7 hours of sleep on 5 days

10 points

Employee Wellness BONUS

Participate in the Fit for Eternity 5K
April 26

20 points

Once/Semester

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

10 points

Extras

- Participate in intramurals
- Donate blood

10 points each

Extras

- Skip dessert 5 days
- Workout streak 10 days in a row
- Floss once per day for 15 days

10 points each