

# JANUARY Employee Wellness Challenges

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



## Physical

Take the Polar Plunge in the Hulsey Wellness Center cold tubs

**10 points**

## Spiritual

Spend 10 minutes in prayer/devotion for 10 days

**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

Attend the Lunch on 1/20 on "Healthy Hacks"

**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**