

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