

Healthy Habits

Local Rewards Program



Quarter 1: January 1 - March 31, 2020 | New Beginnings Bring New Results

<p>Attend a Well-Being Wednesday Event</p> <p><i>Occurs every month on the last Wednesday</i></p>	<p><u>SMART Goal: Wake up Early</u> Ever thought you don't have enough time to do the things you really love doing? Try waking up early. Set a goal to wake up one hour earlier every day for one week.</p>	<p>Sign up for a Freedom from Smoking Class</p>	<p>Apply what you learned from a Well-Being Wednesday Event & send an example to Debbie Staton**</p>	<p>Write down your own SMART goal: S – Specific M – Measurable A – Attainable R – Relevant T – Time Sensitive</p>
<p>Host or attend a “2021 National Wellness Program Kickoff” in your department</p> <p><i>Visit the Virgin Pulse Website for more information.</i></p>	<p>Watch Podcast - Small Steps to Health & Wealth Video – Strategy 1*</p>	<p><u>SMART Goal:</u> <u>Walk 30 Minutes a Day, 5 Days a Week for a month</u> You can achieve this goal by brisk walking for 30 minutes a day on Mondays – Fridays. You may further break it down to 15 minutes each for morning and evening.</p>	<p>Attend a Fitness Friday “Live” Webinar Event</p> <p>Join us for a lunchtime workout</p> <p>Time: 12:00 – 12:45 starting January 8th</p>	<p>Strategy 1 Worksheet Complete the track your current behavior worksheet*</p> <p>Send completed worksheet to Debbie Staton**</p>
<p>Create a four week challenge as an individual or group.</p> <p>Send your completed challenge information to Debbie Staton**</p>	<p>Complete two preventive tests per quarter</p> <p><i>Visit the Virgin Pulse Website for more information.</i></p> <p>Send type of test & completed date to Debbie Staton**</p>	<p>Prepare a healthy recipe.</p> <p>Submit photo and recipe of food to Debbie Staton**</p>	<p>Complete a 14 day water challenge. Take your body weight in pounds, and divide by 2. Consume this many ounces of water each day.</p> <p>Record & send to Debbie Staton**</p>	<p>Join the Tuesday Tips for Stress Relief Sessions every other Tuesday starting January 12*</p>