

Healthy Habits Local Rewards Program

Quarter 1: January 1 - March 31, 2022 | Start Your Journey Toward Healthy Behaviors!

Attend a Well-Being Wednesday Event	Attend a virtual stress and de-stress class.	Focus on self care by creating your own self care routine. List five things you will do to care for yourself.	Engage in random acts of kindness. Make a list of what you do and write them down.	Donate blood.
Attend a wellness webinar of your choice.	Attend a virtual fitness class of your choice (in person or virtual)	Share a photo of your happy place.	Walk or run three times per week.	Engage in a mindfulness activity (examples: deep breathing, yoga, stretching or journaling)
Create a four week challenge as an individual or group. (examples: weight loss, sleep, hydration, etc.)	Set up a family money jar. Put loose change in the jar and watch it add up.	Prepare a healthy recipe.	Complete a 14 day water challenge. Take your body weight in pounds, and divide by 2. Consume this many ounces of water each day.	Lead a stretch during one of your staff meetings.

***Email Debbie Staton, CHI Wellness Coordinator at debra.staton@commonspirit.org**

To participate, just select any five activities to complete. All coworkers who submit their completed Quarter 1 card will receive their choice of a 32 oz water bottle or a t-shirt. In addition, all completed cards will be entered in a random drawing at the end of Quarter 1.

Submit a photo to Debbie Staton of a completed activity to get an additional entry into the quarterly drawing.
Each photo submitted will get an additional entry.