

Healthy Habits Local Rewards Program

Quarter 2: April 1 - June 30, 2022 | Wellness is the state of well-being

<p>Attend a Well-Being Event (virtually or in person)</p> <p><i>Occurs the last week of the month with sessions offered various times during the week</i></p>	<p>Attend a virtual stress and de-stress class.</p>	<p>Focus on self care by creating your own self care routine.</p> <p>List five things you will do to care for yourself.</p>	<p>Engage in random acts of kindness. Make a list of what you do and write them down.</p>	<p>Donate blood.</p> <p><i>For more information, call 501.904.4500 or visit https://www.yourbloodinstitute.org/donor/schedules/center/26</i></p>
<p>Attend a wellness webinar of your choice.</p>	<p>Engage in personal exercise of your choice (class or individual setting - in person or virtual)</p>	<p>Share a photo of your happy place.</p>	<p>Walk or run three times per week.</p>	<p>Engage in a mindfulness activity (examples: deep breathing, yoga, stretching or journaling)</p>
<p>Create a 6-8 week challenge as an individual or group. (examples: weight loss, sleep, hydration, etc.)</p>	<p>Set up a money jar.</p> <p>Put loose change in the jar and watch it add up.</p>	<p>Try or prepare a new healthy recipe or snack.</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>Lead a stretch during one of your staff meetings.</p>

For questions and to submit Quarter 2 card, email Debbie Staton, CHI Wellness Coordinator at debra.staton@commonspirit.org

To participate, please select at least five activities to complete. All coworkers who submit their completed Quarter 2 card with at least five activities will receive a free t-shirt. In addition, they will be entered into a random drawing at the end of Quarter 2 for a Bluetooth speaker.

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.