

FALL INTO WELLNESS CHALLENGE

HOW DOES THIS WORK?

For 1 month (September 17th - October 15th), you will set a daily goal involving 1 of 5 content areas of Wellness:

- **HYDRATION**
- **NUTRITION**
- **MOVEMENT**
- **COMMUNITY**
- **MINDFULNESS**

Write down your daily goal in your Challenge Calendar. Be brave and plot out a whole week at a time or more! Feeling adventurous? Stack 2 habits in one day!

If completed, mark your goal complete for that day with a check mark, a + sign, color it in, or anything else noticeable and rewarding to you.

At the end of month, tally up your number completed goals and see how many you met!

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Need some inspirations for your goals?

1

HYDRATION

- Consume only water for a day
- No alcohol
- Meet a minimum ounce goal consumed
- Consume no drinks with added sugar
- Add fruit to your water for flavor

2

NUTRITION

- Bring your lunch to work instead of buy
- Get 3 servings of fruits and vegetables in the day
- Read nutrition labels
- Add a side salad
- Track your protein intake for a day

3

MOVEMENT

- Take a group class at Hamilton
- Achieve 10,000 steps
- Take the stairs instead of the elevator
- 5 minutes of stretching daily
- Make it a walking meeting

4

COMMUNITY

- Shop at a local small business
- Reach out to a colleague
- Attend a Hamilton sports contest or student performance
- Volunteer
- Make a donation

5

MINDFULNESS

- Make a journal entry
- Set a screen-time limit
- Focus on deep breathing for 5 minutes
- Identify 3 things you are grateful for
- Meditate for 10 minutes
- "Disconnect" 1 hour prior to bed

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When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	Vague goals cannot be met! Example: "I want to move more" Change to: "I will walk 1 mile"
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	Can it be measured? Example: "I should drink more water" Change to: "I will drink 50oz today"
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	Does this make sense for you? Example: "I will run 5 miles" But you have a bad knee and don't run often!
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	Does it support your priorities? Is it something that matters to you for long-term change?
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	Give it time! Example: "I will walk more today" Change to: "I will walk for 20 minutes today"



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- Keep it simple!
- Partner up with a friend or group. Make a fun competition with coworkers!
- Incorporate the outdoors into your Movement category
- Encourage family members to participate
- HAVE FUN!



HAMILTON
WELLNESS

