



WELLNESS CHALLENGE

Nurture your whole self



Every part of you counts

Well-being is more than just eating better or staying active. It's about caring for the whole you — mind and body. Do you have meaningful relationships? Do you feel a sense of purpose? Are you content with your work? How is your emotional health? All these parts make up the total you. And that's why you must give them attention and care.

Things that you could do for your mind and body include:



Sleeping well



Eating better



Staying active



Stretching out



Connecting with others

Start your challenge today

Take time to nourish all different parts of your well-being for four weeks.

How to begin:

- ✓ Take a look at the chart of activities that nurture your mind and body.
- ✓ Complete as many activities as you can over the course of four weeks.
- ✓ Check off all the activities you complete.
- ✓ Feel free to repeat any of your favorite activities, but be sure to explore each category.



Keep your total health IN CHECK

Give your whole self the attention and care you deserve

Check off all the activities you complete over the course of four weeks. Be sure to explore each category. Choose activities that are new to you, and feel free to repeat

Activities to nurture your mind and body				
Sleep well	Eat better	Stay active	Get connected	Stretch out
<input type="checkbox"/> Make your bedroom a tech-free zone	<input type="checkbox"/> Drink 48–64 ounces of water per day	<input type="checkbox"/> Find an exercise buddy	<input type="checkbox"/> Do a random act of kindness	<input type="checkbox"/> Get up and move once every half hour
<input type="checkbox"/> Set up a 20-minute bedtime routine, and follow it	<input type="checkbox"/> Cook a veggie dish you've never made before.	<input type="checkbox"/> Get 500 more steps in than you did the day before	<input type="checkbox"/> Send a letter, text or email to someone you love	<input type="checkbox"/> Practice deep breathing
<input type="checkbox"/> Stop eating four hours before bedtime	<input type="checkbox"/> Switch one unhealthy snack to something healthier	<input type="checkbox"/> Take a walk after dinner	<input type="checkbox"/> Write down the things you're grateful for	<input type="checkbox"/> Stretch your neck and shoulders
<input type="checkbox"/> Go to bed early	<input type="checkbox"/> Make a healthy lunch	<input type="checkbox"/> Add one more day of exercise to your week	<input type="checkbox"/> Take time to meditate	<input type="checkbox"/> Move your computer screen to an arm's length
<input type="checkbox"/> Take a warm, calming bath before bed	<input type="checkbox"/> Use smaller plates for lunch or dinner	<input type="checkbox"/> Try a new physical activity	<input type="checkbox"/> Get out in nature	<input type="checkbox"/> Stretch the muscles in your legs and arms

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