

12 DAYS OF WELLNESS



2018 CALENDAR



Complete a different wellness activity each day. Include 3 tasks from each category. Submit this completed calendar no later than January 11, 2019 to be eligible for the grand prize drawing for 1 of 20 \$50 Corporate Rewards gift cards* and earn 10 Healthy Lifestyle Activity Points

**All gift cards are subject to taxation*

Submit to Employee Wellness by Email: wellness@pima.gov ★ Fax: (520) 724-8150 ★

Mail: 150 W. Congress, 4th Floor

1. Take the stairs twice in one day. (The more, the merrier)
2. Walk at least 20 minutes during your lunch break.
3. Take a stretch break.
4. Do at least 30 minutes of continuous cardio exercise.
5. Add a 30-minute strength training session to your day.
6. Perform flexibility exercises for at least 10 minutes.

FITNESS

NUTRITION

7. Make half your meal plate fruits and vegetables.
8. Eat a healthy snack.
9. Drink an additional 8oz of water during your workday.
10. Try a healthier alternative to a traditional holiday recipe.
11. Practice mindful eating.
12. Eat a healthy breakfast.
13. Eliminate one "bad" food from your diet.

14. Practice deep breathing for 1 minute, twice during your workday.
15. Rest your eyes from the computer screen every hour.
16. Wake-up 15 minutes early to take time to relax before starting your day.
17. Eat a healthy lunch away from your desk or worksite.
18. Write down 12 things you are thankful for.
19. Organize one part of your life – car, desk, kitchen, closet, etc.

WELL-BEING

COMMUNITY ENGAGEMENT

20. Donate to a community organization.
21. Thank a co-worker and let them know how they've helped you or the department.
22. Clean or organize a shared workspace or break area.
23. Decorate your office work workspace with holiday cheer.
24. Donate food to your local food bank.
25. Pay it forward with one random act of kindness.
26. Volunteer your time.

Day 1: Activity #: _____	Day 2: Activity #: _____	Day 3: Activity #: _____	Day 4: Activity #: _____	Day 5: Activity #: _____	Day 6: Activity #: _____
Day 7: Activity #: _____	Day 8: Activity #: _____	Day 9: Activity #: _____	Day 10: Activity #: _____	Day 11: Activity #: _____	Day 12: Activity #: _____
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