

Wellness Challenge

2021

A Healthy Start to the New Year!

A New Year - A New Challenge! Take the 9th annual Wellness Challenge!

When:

- Challenge runs from January 18 – February 14 (4 weeks)

Registration:

- Register a team from your workplace, family, or friends (minimum of 5 members)
- Email v.choofoo@swiftcurrent.ca your team name, # of participants & team captain.

Description of challenge:

- Each member keeps track of daily wellness points.

Nutrition	Points /day	Max points/week
Fill half of your plate with vegetables and/or fruit once/day	2	14
Choose at least one plant-based protein / day	2	14
Choose at least one whole grain/day	2	14
Enjoy at least one technology free meal/day	2	14
Water		
Drink at least 6 cups of water/day	6	42
Sleep		
Sleep at least 7 hours/day	7	49
Physical Activity		
Accumulate at least 150 minutes of moderate to vigorous physical activity/week - 10 minutes = 5 points		75
Educational Challenge		
Watch the educational videos and read the articles each week		5
Weekly Challenge		
Each week there will be a challenge to participate in		5
TOTAL POSSIBLE POINTS PER WEEK		232

- Report to team captain once a week with your points.
- The team captain is to compile the total team points per week and report the points to Val Choo-Foo by Feb. 3rd for a mid-report and then by Feb. 23rd for the final report.

Prizes:

- Prizes for the top 5 overall individuals with the highest points
- Prize for the team with the highest average of points!!
- Greatest prize – your health and wellness!!

Thank you to the SC Kiwanis Club for sponsoring the Wellness Challenge!



Wellness Information

The goal of this challenge is to help participants make healthier choices and become more aware of their daily wellness routines. This challenge will not be "perfect" for each individual, but it is a recommended guideline.

Nutrition:

- This year's recommendations are taken from Canada's new food guide. We encourage you to check out <https://food-guide.canada.ca/en/> to learn more about Canada's New Food Guide and other healthy eating recommendations. There is also more information on nutrition and examples attached in the document entitled "Nutrition Information for the Wellness Challenge".
- Journaling your food intake helps you be more aware of what you are eating, and it will also help you make more nutritious food choices.
- **A daily journal has been provided where you can write down your foods and points.**

Water:

- Drink water – the healthiest drink in the world!
- Water helps flush our systems of waste products and toxins, yet many people go through life dehydrated – causing tiredness, low energy, and headaches. It is common to mistake thirst for hunger, so stay well hydrated!
- It is recommended to drink 8 glasses of fluids a day; therefore, we are giving points for 6 glasses of water to allow participants to choose other healthy drinks in addition to water.

Physical Activity:

- According to the Canadian Physical Activity Guidelines, adults aged 18-64 years should accumulate at least 150 minutes of moderate to vigorous-intensity aerobic physical activity per week.

Sleep:

- Rest is as important as activity because it allows your body to repair itself and recover from everything you did during the day.
- The National Sleep Foundation recommends 7-9 hours for adults (26-64); therefore, we are giving 7 points per day for sleep.