

Wellness Challenge 2023

Celebrating 11 Years of Wellness!

A New Year - A New Challenge! Take the 11th annual Wellness Challenge!

When:

- Challenge runs from January 23 – February 19 (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 food/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
Personal Wellness		
Participate in one daily personal health activity such as meditating, mindfulness, reading a book, writing in a journal	7	49
Educational Challenge		
Join a weekly zoom meeting or watch the recorded meeting		10
Weekly Challenge		
Each week there will be a challenge to participate in		10
TOTAL POSSIBLE POINTS PER WEEK		291

- 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. 8th for a mid-report and then by Feb. 27th for the final report.

Prizes:

- There will be a weekly prize draw for one team to give to their member 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 which encourages eating plenty of vegetables and fruits, whole grains, and protein foods; as well as to choose protein foods that come from plants more often. We encourage you to check out <https://food-guide.canada.ca/en/>.
- Enjoying one technology free meal each day is to encourage us to be more mindful when we eat by enjoying the flavours and textures. Also, we can be more aware when we are full or needing more food.
- **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.

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.

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.

Personal Wellness:

- Personal wellness includes our emotional, spiritual, physical, and mental well-being; these four wellness components will be focused on during our weekly Lunch 'N Learn sessions, and there are a list of ideas on the website.