



GGNPC & NPS

APRIL WELLNESS CHALLENGE AT WORK

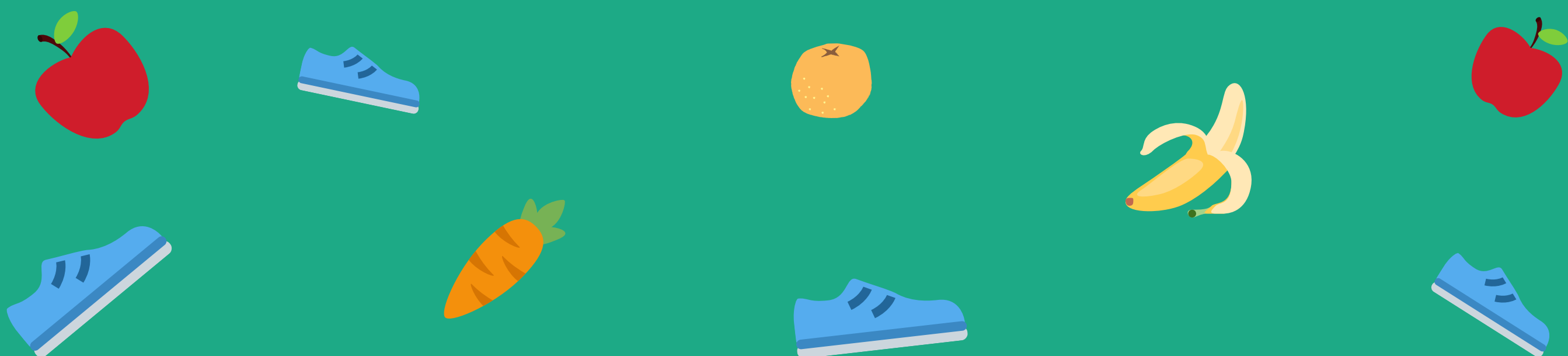
INCORPORATE WELLNESS INTO YOUR WORKDAY!

WANT TO EARN A \$20 SPORTS BASEMENT GIFT CARD?

SIGN UP [HERE](#) FOR THE CHALLENGE BY **MARCH 29, 2019**

THE CHALLENGE IS THAT ALL PARTICIPANTS MUST COMPLETE THE FOLLOWING STEPS:

- 1) COMMIT TO THE CHALLENGE BY SIGNING UP ABOVE
- 2) COMPLETE ALL 25 CHALLENGES BELOW BY DATING AND MARKING OFF THE BOX IN THE MONTH OF APRIL
- 3) RETURN COMPLETED CARD TO HOLLY CHROBAK AT 201 FOMA 3RD FL OR EMAIL HCHROBAK@PARKSCONSERVANCY.ORG BY FRIDAY, MAY 3, 2019



APRIL WELLNESS CHALLENGE AT WORK

DATE & MARK OFF EACH CHALLENGE AS YOU COMPLETE IT
RETURN COMPLETED CARD TO HOLLY CHROBAK (IN PERSON,
INTEROFFICE MAIL, OR EMAIL) BY FRIDAY, MAY 3, 2019

PRINT NAME: _____

Emotional Health	Healthy Eating	Social Health	Mental Health	Physical Health
Enjoy your break without checking social media	Mindfully eat your lunch	Connect with a coworker you have not seen in a while	Reflect on things you are grateful for	Walk for 15 mins during lunch
Be kind to yourself when you make a mistake	Stay hydrated today	Thank someone who has helped you	Tidy up your workspace before going home	Lead a group stretch for your team
Reflect on your accomplishments today	Add an extra veggie to your lunch today	Introduce yourself to a colleague you haven't formally met	Do a good deed for a coworker	Get a good full night's sleep
Remain calm in a stressful situation	Intentionally make a healthy eating choice	Notice a coworker who does a good job and compliment them	Complete a task you've been putting off	Use your breaks to go outside
Do something good for you that you normally don't do	Pack a piece of fruit as a healthy snack	Take a pic of something cool near your worksite and send it to a friend/family	Go outside and find a peaceful place to sit – focus on your breathing for 10 mins. Reflect on things you are grateful for	Be aware of your posture while sitting/standing today