30 Day Wellness Challenge

Challenge yourself, get active for 10 minutes a day- every day! Do one or more a day- anything you want.

Save the Step Challenge until 11/30

Stretch it out! ☐ Improve your flexibility by taking 5-10 minutes to do some stretching.	**Walk** ☐ Can you turn one of your meetings into a walking meeting?	**Move More at Work** ☐ Regular stretching can help reduce stiffness and poor posture. Here are stretches you can do right at your desk.	**Time to Reflect** ☐ Self-reflection can be hard. Learn more about why reflection is important and tips on how to start.	**Work that Core** ☐ Try a plank, mix it up with some variations.
Take 10 ☐ How many times can you walk around your place in 10 minutes? Inside or outside, your choice!	**Desk Yoga** ☐ Ever wanted to try some yoga at your desk? Take a few minutes to check this out.	**Explore the Arts** ☐ Listen to some new music while you walk/run or jog for 15 min	**Color Your Stress Away** ☐ Choose from hundreds of free coloring options to relax, take a break, or boost creativity.	**Grab Some Fresh Air** ☐ Check out your neighborhood for a 10 min walk, take a new route
Walk at Work ☐ Get your exercise in by doing a walking meeting or getting up on the hour to get a cup of water!	**Take a Stroll** ☐ How many steps or step minutes can you get in a day? Walk around your house or neighborhood.	**Be Happier** ☐ Watch this short video on the secret of happiness for today's inspiration.	**Rise and Shine Yoga** ☐ Try out this morning yoga sequence to work out the kinks	**Connect** ☐ Reach out to a colleague for a coffee chat! Talk a walking meeting to catch up.
Favorite Things ☐ What are a few of your fav things? Can you incorporate them into your day?	**Take a Breather** ☐ Learn how to use breathing exercises to help with stress management.	**Bike** ☐ Madison has many great bike trails, check out this map to plan your next bike ride.	**Unplug** ☐ Take a walk/bike/run and leave all the tech behind, notice anything new?	**Eating Well** ☐ Look through healthy eating tools that UW Health collected.
Give it 20 ☐ Take a 20 min walk, can you try out a new path?	**De-stress Your Desk** ☐ Take a few and organize and clean-up your space.	**Connect Again** ☐ Reach out to another colleague for a walking meeting.	**Water Break** ☐ How much water should you drink a day? Take a stroll to the faucet and fill it up!	**Stretch Break** ☐ Try to take a 1 min stretch break at every hour.
Meditation Mondays ☐ Start your week practicing mindfulness. Not sure where to start, check out these tips.	**Mind -Body Connection** ☐ Learn about how exercise can improve your mental and emotional health.	**Lacking Motivation?** ☐ Read up on motivation and how to find what's truly meaningful to you.	**Unplug Your Health** ☐ Check out this interesting article about taking a technology break.	**Step Challenge 11/30** ☐ **Beat the bloat! Get together with 3 friends DEM wide and track your steps for the day**