

2019 Monthly Wellness Challenges

JAN. 2-31

Eat Better. Feel Better.

Eat clean in 2019! Join us to get your eating habits back on track. Nourish yourself by replacing the junk in your diet with nutritious foods that will launch you into a successful year.



FEB. 4-28

Boost Your Resilience

Would you like to be more resilient? Try incorporating some simple resilience-boosting strategies in your life to bounce back more successfully when life throws you a curveball.



MARCH 4-9

Ready, Set, Go!

Whether it's a flood, fire, drought or earthquake - we challenge you to get involved and take action NOW to be prepared for any emergency.



APRIL 1-30

Our Planet. Our Health.

Go green! Learn how reducing waste, recycling and respecting the environment impact personal health. Take your own steps to adopt a daily green routine.



MAY 1-31

Test Kitchen Challenge: What's Cookin'?

Put your favorite recipes to the test and discover new ways to enjoy cooking! Share your recipes with us this month and gather new ideas that are simple, quick and healthy.



JUNE 3-28

Move at Work

Feeling tight, tense, or sore from too much sitting at work? Learn creative solutions for increasing movement in the workplace. Your body will thank you.



JULY 1-31

Brain Builders

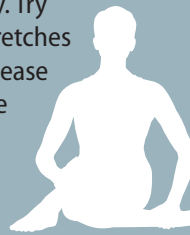
Put on your thinking cap! This fun brain teaser challenge is designed to help you exercise your noodle and think outside the box.



AUG. 5-30

Feasible Flexibility

Get back into your mojo flow by increasing your balance and flexibility. Try poses and stretches that can decrease stress, muscle tension, and improve circulation.



SEPT. 3-27

Self-Care 101

Self-care is often missing in the life of someone who is busy and stressed. Identify ways of nurturing your mind and body to restore balance in your life.



OCT. 1-31

Awaken your Core

Working your core is not just about doing sit ups and crunches! Join us for weekly exercises and tips that will help to activate and strengthen your core muscles.



NOV. 18-JAN. 3

Healthy Holidays – Maintain Don't Gain

Enjoy your holidays more with a 3 "H" challenge: Find ways to be HAPPY while consciously eating, find handy, HEALTHY foods at your fingertips, and seek HUMOR in this often busy and stressful season!



**Register through
your personal online
account at
www.pehp.org**

QUESTIONS?

Phone: 801-366-7300

Toll free: 855-366-7300

Email:

wellnesschallenges@pehp.org

Wellness Challenge Q&A

You are Invited to Take the Challenge!

By trying to make a few simple changes each month, you can form positive habits that last a lifetime.

What is a Wellness Challenge?

By signing up you are registering to receive educational e-mails which challenge you to meet a particular wellness goal. All challenges are developed and moderated by PEHP Wellness staff. You will receive motivational emails, and are entered into a prize drawing for participating. PEHP Wellness staff is available for questions and assistance during the challenge by email or phone. Because this is self-guided learning, you can decide how to use the information and resources provided during the challenge. You can expect to receive 1-2 emails per week.

Why should I participate?

Wellness challenges are often used to jump-start personal wellness goals such as increasing physical activity, better managing stress, or improving nutrition habits. **Challenges provide information, resources, and motivation to help you achieve good health.** Encourage your co-workers to sign up with you for some friendly in-office competition as you strive to meet your goals!

PEHP offers a prize drawing for participants. At the end of the challenge you will receive an email with a final survey link where you can provide feedback and report how you did. Those who complete the survey will be entered into the prize drawing. Winners* will be randomly selected and notified by mail.

**URS/PEHP employees are not eligible for prize drawings.*

How long do Challenges last?

Wellness challenges typically last **one month**, starting on the first week of the month and ending on the last week of the month. However, our popular “Healthy Holidays – Maintain Don’t Gain” challenge runs longer – November through January.

How do I register?

Registration opens one week before the challenge begins. You can register anytime during the challenge, however we recommend that you sign up early to receive all content. **To register, log in to your personal online account at www.pehp.org.** (Type “Wellness Challenges” in the search bar)

Where can I find out more information?

Contact PEHP Wellness at 801-366-7300 or 855-366-7300 or wellnesschallenges@pehp.org.