

# 2020 Monthly Wellness Challenges

**JAN. 6-31**

## Mindfulness Matters

Do you need clarity, calm, or a greater capacity to work through life's ups and downs? Mindfulness is the act of being present in the moment. Practicing mindfulness each day may change your life!



**FEB. 3-28**

## Brain Games

Keep your brain active and fit with this fun challenge! Each week you'll receive a new "Brain Game" in your inbox. Take these on individually, or with your family, friends and co-workers.



**MARCH 2-31**

## Eat Right, Bite by Bite

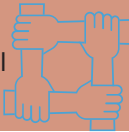
Get back to basics during National Nutrition Month! Focus on making informed food choices and developing sound eating habits. Prepare your own food for at least 20 out of 30 days in this challenge.



**APRIL 1-30**

## Connect 4

Boost your mood, prevent loneliness and increase your longevity by pausing and connecting (or re-connecting) with yourself, nature, family/friends and co-workers! Participate in simple activities to create meaningful connections.



**MAY 4-29**

## First Aid Basics

Being prepared in a medical emergency is important and doesn't require a first aid certification. Create peace of mind and assurance that you can take care of yourself and others when the need arises by knowing the basics of first aid.



**JUNE 1-30**

## Family First

For better or worse, family members who live together develop similar attitudes and habits. Learn new ways to establish positive routines and rituals in the home to build stronger bonds and promote good health.



**JULY 6-31**

## Going for Gold

Awaken the Olympian in you! Be inspired by the 2020 Tokyo Games and rise to the challenge of finding new motivation to get active. Train and participate in Olympic events as you go for your goal!



**AUG. 3-28**

## 'Fall' into a Healthy Routine

Whether or not you have kids going back to school, August is a great time to prepare for a busier fall schedule. Get one step ahead by decluttering the kitchen, getting organized, and getting in the groove of preparing healthy meals.



**SEPT. 1-30**

## Financially Fit

Learning to budget better, pay down debt, save for emergencies, and plan for retirement can reduce the financial stress most people experience each day. You'll get information, tools and practical strategies to stay financially fit.



**OCT. 5-30**

## Laughter's No Joke

Laughter is a potent tool for stress relief and is a necessity in today's fast-paced world. Discover the physical, social, and mental health benefits gained through laughing and find ways to incorporate humor into your daily life.



**NOV. 16-JAN. 5**

## Healthy Holidays – Maintain Don't Gain

The holidays can be a busy time of year. Maintain your health throughout all the festivities with tips and resources to help you eat wisely, stress less and keep moving!



**Register through  
your personal online  
account at  
[www.pehp.org](http://www.pehp.org)**

QUESTIONS?

Phone: 801-366-7300

Toll free: 855-366-7300

Email:

[wellnesschallenges@pehp.org](mailto: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 emails 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 drawing for an e-gift card. Winners\* will be randomly selected and notified by email.

*\*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](http://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](mailto:wellnesschallenges@pehp.org).