

2022 Monthly Wellness Challenges

JAN. 4-28

Boost Immunity

Bolster your immune system with some power punches that will help keep you healthy and on your feet. Learn what you can do and take action to fight off illness this winter and even year-round.



FEB. 1-25

Look on the Bright Side

Did you know greater optimism is linked to a lower risk of developing cardiovascular disease and other chronic ailments? Find out how having a positive outlook can help you see the advantages of difficult situations.



MARCH 1-31

Healthy Breakfast Challenge

Those who start their day with a healthy breakfast have a more balanced diet, better memory, and greater concentration. Receive tips and recipes to get every day started with a healthy, simple breakfast.



APRIL 1-30

Sugar Smackdown

Reducing sugar intake can help lower your risk of several health issues. Challenge yourself to limit sugar intake to the recommended daily allowance. Identify added sugar in foods, find healthy alternatives, and conquer cravings.



MAY 2-27

Move More – Day by Day

Get out and get active during National Physical Fitness and Sports Month. Set a goal to walk at least a mile a day and enjoy the physical and mental health benefits that come from simply taking a daily walk!



JUNE 1-30

Budget Better

Improve your financial well-being this month by creating a spending plan, taking steps to start paying off debt, and start building savings for emergencies. Having your finances in order can reduce stress and bring peace of mind.



JULY 5-29

Drink More H2O

Water – why is it so important? Find out how it benefits your entire body, especially during the hotter summer months. This challenge will help keep you hydrated and realize why every sip matters!



AUG. 1-26

Workspace Makeover

Whether you're working at the office or home, your environment can impact your productivity. We'll offer some cost-effective tips and tricks to organize your office and bring creativity, focus, and motivation as you tackle your day.



SEPT. 6-30

Blue Zones

"Blue Zones" are geographic regions where people live longer and enjoy happier, healthier lives than most. Explore their key behaviors and adopt a "Blue Zone" health habit each week so you can reap the same benefits.



OCT. 3-28

Easy Office Stretches

Bring more movement into your cubicle or office space. Try some simple moves to increase your heart rate, flexibility, balance, and strength. You'll be more alert, focus better, and stress less throughout the workday.



NOV. 14-JAN. 4

Healthy Holidays – Maintain Don't Gain

Holidays are more enjoyable when you're at your best! Get tips, resources, and the little "nudge" you need to eat wisely, stay active, and manage stress. Enjoy the holidays the healthy way!



**Register through your personal online account at www.pehp.org.
(Go to: Wellness tab > Fitness & Wellness Challenges)**

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 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 one email 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 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. (Go to: *Wellness tab > Fitness & Wellness Challenges*)**

Where can I find out more information?

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