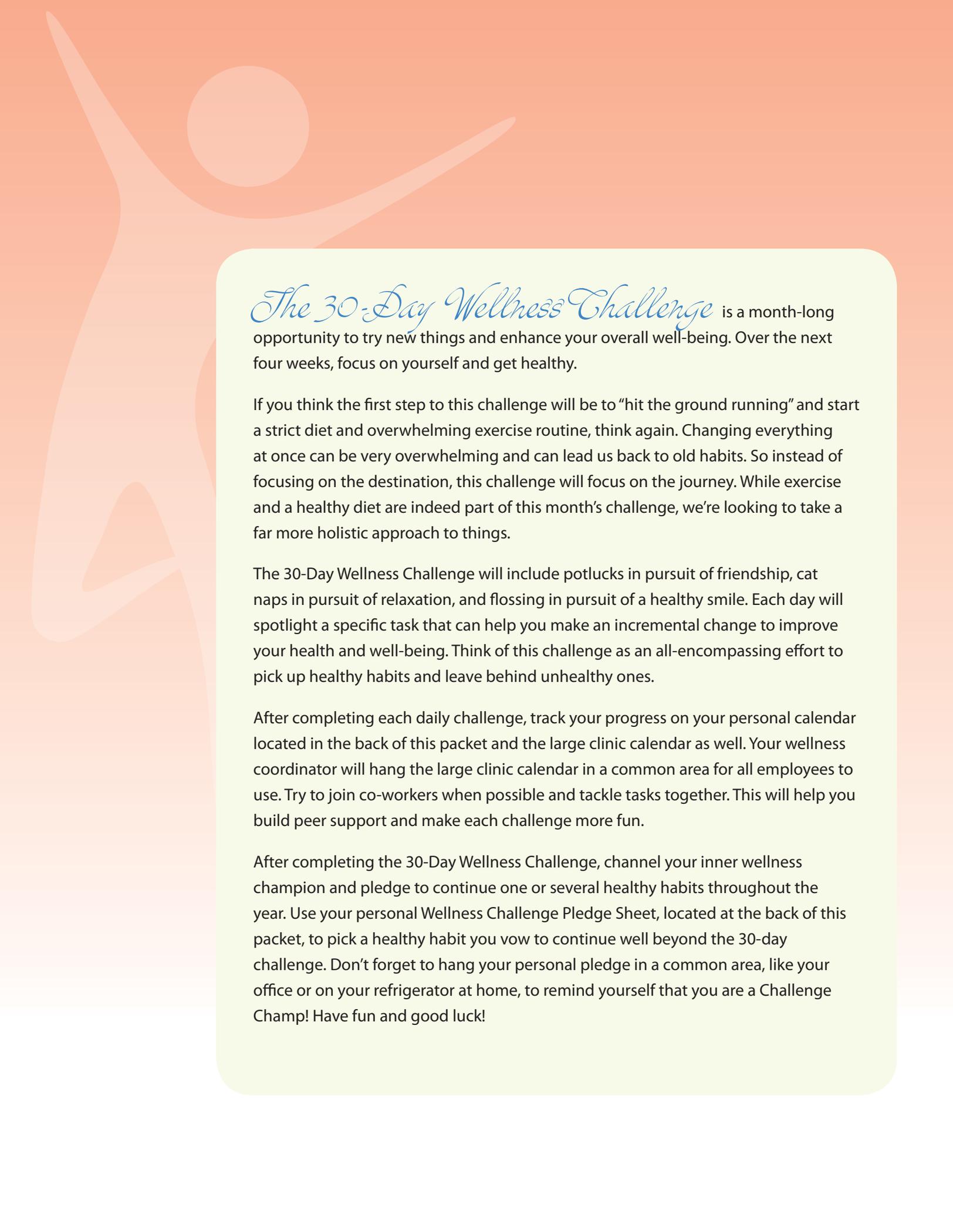




30-Day Wellness Challenge



A stylized, light-colored human figure with arms raised in a 'V' shape, set against a background of soft, overlapping circles in shades of orange and pink. The figure is positioned on the left side of the page, partially overlapping a large, light green rounded rectangle that contains the main text.

The 30-Day Wellness Challenge is a month-long opportunity to try new things and enhance your overall well-being. Over the next four weeks, focus on yourself and get healthy.

If you think the first step to this challenge will be to “hit the ground running” and start a strict diet and overwhelming exercise routine, think again. Changing everything at once can be very overwhelming and can lead us back to old habits. So instead of focusing on the destination, this challenge will focus on the journey. While exercise and a healthy diet are indeed part of this month’s challenge, we’re looking to take a far more holistic approach to things.

The 30-Day Wellness Challenge will include potlucks in pursuit of friendship, cat naps in pursuit of relaxation, and flossing in pursuit of a healthy smile. Each day will spotlight a specific task that can help you make an incremental change to improve your health and well-being. Think of this challenge as an all-encompassing effort to pick up healthy habits and leave behind unhealthy ones.

After completing each daily challenge, track your progress on your personal calendar located in the back of this packet and the large clinic calendar as well. Your wellness coordinator will hang the large clinic calendar in a common area for all employees to use. Try to join co-workers when possible and tackle tasks together. This will help you build peer support and make each challenge more fun.

After completing the 30-Day Wellness Challenge, channel your inner wellness champion and pledge to continue one or several healthy habits throughout the year. Use your personal Wellness Challenge Pledge Sheet, located at the back of this packet, to pick a healthy habit you vow to continue well beyond the 30-day challenge. Don’t forget to hang your personal pledge in a common area, like your office or on your refrigerator at home, to remind yourself that you are a Challenge Champ! Have fun and good luck!



day 4

Plant A Little Positivity

Bring a green plant into the office and place it in the break room. Plants in the office can decrease stress and increase productivity. Also, research shows that plant-filled rooms can contain 50-60% fewer airborne molds and bacteria than rooms without plants. Breathe easier and brighten the office space with a nice cactus or herb!



day 5

Take a Walk Outside

The most important thing about taking a walk break is to do it every day. It doesn't matter how busy you are or how much you don't think you need it. For your next meeting, try to walk and talk with co-workers instead of sitting in a conference room. Walks are particularly crucial on those days when you have deadlines but they're refreshing on the calm days too.



day 6

Cook Dinner for Someone

Cooking for someone is a beautiful act of generosity. It's a gift of your time and attention, even if it's as simple as a grilled cheese sandwich and tomato soup. Sharing a meal in someone's home is intimate. You aren't surrounded by strangers in a restaurant and paced by a waiter who decides when to take your order and when to drop the bill. Sure, there's great takeout food, but it can be expensive and fattening — and it removes an element of connection to your meal. You don't get the pleasure of making something exactly the way you like it, and in your mealtime experience. Cooking for guests can show them the pleasure of a shared, homecooked meal.



day 7

Floss

We often ask questions such as how often should I floss, is flossing necessary, and what teeth should I floss? The cliché response is the one used by dentists time and time again. *You should only floss the teeth you want to keep!* Next to brushing, flossing is the most important thing that you can do to ensure good oral health. The purpose of both brushing and flossing is to reduce the number of bacteria which inhabit our mouths. Did you know that tartar build up between teeth from lack of flossing can actually prevent our teeth from being their whitest and brightest? By brushing **and** flossing we help to eliminate the bacteria which can lead to bad breath, gingivitis, and periodontal disease thus creating smiles which last a lifetime. Flossing for half a minute a day could save you years of dentures later. Try to make this task a daily one.



day 8

Word of the Day

Look up a “word of the day” and write it down then share it! Learning vocabulary is a very important part of learning a language. The more words you know, the more you will be able to understand others’ ideas and you will be able to communicate your thoughts and ideas more effectively. Just 15 minutes a day of concentrated study can greatly improve your vocabulary skills. Look up the Word of the Day at <http://www.merriam-webster.com/word-of-the-day/>. Try to use the new word three or four times throughout your day. Also, try the following tip to help increase your vocabulary. Put a tick mark in your dictionary next to every word you look up. The next time you turn to a page with a marked word, quickly check to see if you remember the meaning of that word.



day 9

Ask for Advice

Having trouble getting motivated to work out? Having second thoughts about your work project? Having problems managing family time and personal time? Sympathetic advice from your friend, co-worker or relative might help solve the problem. The idea of asking for advice can often be daunting when living in a society that prides itself on self-sufficiency. We would all like to handle everything that comes our way but the ability to ask for advice or help can sometimes be lifesaving. It might be difficult as in the beginning, but the more you practice, the less difficult it will be to ask. Also, remember that everyone needs help. Perhaps through your courage to ask, you will help someone else have the courage to ask for advice.



day 10

Turn Up the Music and Dance

“Those who danced were thought to be quite insane by those who could not hear the music.”— Angela Monet

It is a common misconception that you have to leave your house to go dancing. Most of the best dance parties take place in kitchens or living rooms. Or dance by yourself, while trying on a new outfit, waiting for the kettle to boil, or cooking dinner. So don’t waste another minute, turn up the radio and get up and get moving. Share a dance move with your co-workers and have a dance party at work or feel the beat with your family and friends.



day 23

Practice Productivity

Your time is valuable. Keeping a schedule can help you stay organized. Whether your schedule is flexible or rigid, keeping it up to date will aid in your personal development and improve your productivity. So delay no more, take time and schedule your next dentist appointment, date night, or even a book club meeting and remember to jot it down in your planner or on a Post-it Note.



day 24

New Food = New Dish

If you're like most people, you probably stick with the same items for breakfast, lunch, dinner, and snacks. In fact, week after week your meals may look very similar. Not only is this boring, but you miss out on the wonderful variety of different foods available. Eating a healthy diet isn't just about choosing healthy food, it's also about variety. A diet that's packed with different foods will ensure you're getting all the vitamins, minerals, fiber, and antioxidants you need for a healthy body. Besides, what's the worst that can happen? If you don't enjoy it you don't have to eat it again, but more than likely you'll enjoy something new and share it with your friends. Try a new fruit or swap your normal snack for a handful of healthy nuts. Your new food can even create a new dish for your potluck tomorrow!



day 25

Potluck

A potluck at the office may be the best way to celebrate a special occasion, hold a staff meeting, or just share some quality time with all of your co-workers or friends. Potlucks are a great way for workers to show off their culinary expertise and create friendship among staff. Since you never know what might show up at a potluck, have everyone sign up and write down what they will bring. Picking up ready-made vegetable platters and fruit plates can be a time-saving option for the busy co-worker or the person who doesn't like to cook. Make potlucks fun for everyone by having some healthier food choices available. Challenge co-workers to try new dishes with less calories and fat. Check out the lighter recipes at Cooking Light <http://www.cookinglight.com/cooking/>.



day 26

First Impressions

Answer the phone at your clinic with a smile. Even though the person on the other line cannot see you, your tone will be pleasant and welcoming. Create a fun greeting line for when you answer the phone at your clinic, try something like: "It's a great day at LA 101, how can we brighten your day?" Not only are you providing great customer service, but you will surely put a smile on someone's face — as well as your own.



day 27

Book Swap

Reading improves thinking and writing skills, memory, and vocabulary. Reading is also a great stress reducer. Recycle some of your favorite reads and start a book lending program at your clinic. Write reviews, recommendations, or give the books a rating. This is a great way to share your favorite literature with your co-workers.

Start a book club and hold meetings over your lunch break at work. This will motivate you to read and also allow you and your co-workers to take a break from work and discuss non-work related topics.



day 28

Cat Nap

You don't have to be in kindergarten to take a nap. Find some time to close your eyes and relax, clear your mind and allow yourself to have 20-30 minutes to get some rest. A short nap can help you feel refreshed and alert without leaving you groggy or disrupting your normal sleep pattern. If napping isn't for you, meditation can be just as beneficial. Take some time to quiet your mind, concentrate on your breathing, and relax. Check out this Web site: <http://www.sleepfoundation.org/article/sleep-topics/napping>.



day 29

Compliment

Whose day have you made lately? Think about how you interact with people every day and how many opportunities we have to make someone smile. Who doesn't love a compliment? It's the quickest and easiest way to make someone's day. When you pay someone a compliment, it makes you instantly likeable — and you never know what kind of impact you can have with just a few genuine words. Plus, giving compliments raises your self-esteem. It takes confidence and self-esteem to notice good things about others and to make the first caring move to tell them about it.

How to give a compliment:

Make your compliment specific: "That necklace looks really good on you," makes a bigger impact compared to "you look really good today." The more specific the better, it makes the person feel like you notice them.

Back up your compliment: Don't just stop at "that necklace looks really good on you." Your compliment becomes stronger when you say why you think so; "that necklace looks really good on you because it matches your eyes."

