

WELLNESS CONTEST

Quick, fun ways to get active and healthy at work!

- WEEK 1:** Hydration Challenge: Drink a glass of water every hour for a few hours, with the goal being to stay hydrated.
- WEEK 2:** Healthy Snack Swap: Encourage colleagues to bring in a healthy snack to share with others for a day.
- WEEK 3:** Walk and Talk: Instead of a meeting, have participants take a quick walking meeting for 15–20 minutes.
- WEEK 4:** Mindfulness Minutes: At a random time, call for a one-minute "breathing break" or a short meditation session.