



# 31 ACTS OF WELLNESS

We are entering the winter season, where we tend to fall out of our regular routines and give in to those holiday temptations. The 31 Acts of Wellness are small activities you can incorporate into your daily routine to help keep your mind focused and your body in good health and spirits. To participate, complete one or more wellness activity each day. There are four different categories of wellness to choose from: Fitness, Nutrition, Well-being, and Community. Try completing them all!

 Fitness	 Nutrition	 Well-being	 Community
<input type="checkbox"/> Go for a morning or evening stroll.	<input type="checkbox"/> Eat two servings of fruit during your day.	<input type="checkbox"/> Make a mini resolution for a specific healthy change for 2021.	<input type="checkbox"/> Do something nice for a co-worker or friend.
<input type="checkbox"/> Walk 20 minutes during your lunch or break.	<input type="checkbox"/> Eat a balanced lunch containing a protein, whole grain and a fruit or vegetable.	<input type="checkbox"/> Practice deep breathing for one minute twice during your workday.	<input type="checkbox"/> Refresh the decoration of your office or work space with something new.
<input type="checkbox"/> Take a virtual fitness class online.	<input type="checkbox"/> Eat a healthy snack in the midmorning and afternoon.	<input type="checkbox"/> Rest your eyes from the computer screen by looking in the distance or closing them for 30 seconds every hour.	<input type="checkbox"/> Donate to a community charity that has special meaning for you.
<input type="checkbox"/> Stretch your shoulders, chest and back at your desk twice during the workday.	<input type="checkbox"/> Drink an additional glass of water during your day.	<input type="checkbox"/> Share a positive news story when discussing current events with your co-workers.	<input type="checkbox"/> Donate food to your local food bank.
<input type="checkbox"/> Stand up from your desk and move once every hour.	<input type="checkbox"/> Find a new recipe for a healthy treat and make it for yourself and/or your family.	<input type="checkbox"/> Stop and enjoy the beautiful view out of your window.	<input type="checkbox"/> Send a handwritten note to two people who have made a difference in your year.
<input type="checkbox"/> Do 12 "chair squats": stand up from your chair without using your arms for assistance.	<input type="checkbox"/> Eat two servings of vegetables during your day.	<input type="checkbox"/> Eat lunch away from your desk or worksite.	<input type="checkbox"/> Clean or organize a shared work space or staff break area.
<input type="checkbox"/> Do at least 30 minutes of continuous cardio exercise.	<input type="checkbox"/> Do not eat any sweets or desserts for 24 hours.	<input type="checkbox"/> Wake up 15 minutes early & take time to relax before starting your workday.	<input type="checkbox"/> Pay it forward. (e.g., buy coffee for the person behind you in line, compliment the first three people you talk to today, post inspirational notes around your neighborhood, office, school, etc.).
<input type="checkbox"/> Ask a friend or co-worker to virtually join you in one of the above challenges.	<input type="checkbox"/> Plan your meals for the week.	<input type="checkbox"/> Host a virtual watch party to watch a movie with your friends or family - no phones allowed! (click the link to check out useful apps/services that'll let you sync movies with others. <a href="https://www.makeuseof.com/ways-to-watch-movies-together-online/">https://www.makeuseof.com/ways-to-watch-movies-together-online/</a> ).	