

Wellness Campaigns by WellSteps 2020-21

Be healthy for you by completing a campaign or challenge

Mindfulness at Work

September 14th – October 25th

Health focus: *Participants will learn how to apply principles of mindfulness in the workplace.*

In this campaign, you'll receive strategies that will help you calm and focus your mind and turn you into a mindfulness super-hero! Over the next 5 weeks, you'll practice being mindful at work by focusing on the present, meditating and serving others.

*Completing this campaign will be worth **50** points, and an automatic entry for a drawing prize!*

Yoga Flow II

November 2nd December 20th

Health focus: *Participants will learn one new yoga pose each week.*

Over the next six weeks, you'll learn new yoga poses and breathing techniques, including one new pose each week. By the end of the campaign, you'll be able to flow through an entire yoga routine.

*Completing this campaign will be worth **50** points, and an automatic entry for a drawing prize!*

Circuit While You Work It

January 11th - February 28th

Health focus: *Participants will learn simple exercises that can be done at work.*

The "Circuit While Work It" campaign will help you complete a work-out and you won't even have to change clothes! Over the next 6 weeks you'll learn exercises that you can do at work.

*Completing this campaign will be worth **50** points, and an automatic entry for a drawing prize!*

Walk It Out

March 8th-March 28th

Health focus: *Participants will work 15 minutes of walking into each day.*

Over the next two weeks participants will work 15 minutes of walking into their day. The goal is to keep walking it out past the two week challenge.

*Completing this campaign will be worth **25** points, and an automatic entry for a drawing prize!*

NEW! Wellness Challenges - Start or join a challenge

Choose to participate in a challenge focused on improving health. An organizer can assemble a team and work together on a common health goal. Participants may also select a challenge and go at it alone. Some of the challenges include, *Daily 30, Sweet Dreams, Maintain Don't Gain, Eat Your Vegetables and Bring it On.*

Team organizers may earn 50 WellSteps REWARDS points. Completers of a challenge earn 25 points.