

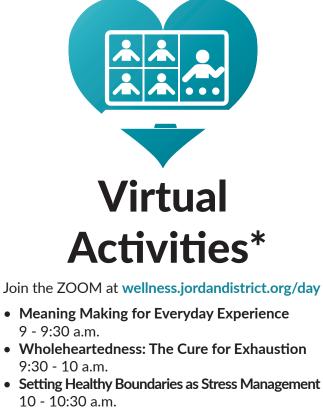
# Friday, February 10, 2023

## Health & Wellness Day Challenge

The Wellness Day Challenge offers ideas for optional personal wellness activities you can do on Wellness Day or in the weeks before and after Wellness Day. Get the challenge sheet at wellness.jordandistrict.org/day

Participants who submit their challenge sheet will be entered into a drawing for great prizes, activewear, gift baskets, event tickets, and even a \$5,000 vacation from Get Away Today! Bonus points will be awarded to those who participate in any of the activities with a colleague.

CHALLENGE	this Welfess Clay Challenge their contains suggestions for personal welfers activities that the state of the schedules with a collegious.			
Activity		Points	Bonus (if done with a colleague)	
Attend a <u>JSD virtual class</u> on Wellness Day or watch a virtual webinar via <u>PEHP</u> or <u>Blomquist Hale</u>		10 pts/class	+5	
Participate in an in-person wellness experience		15 pts/event	+5	
Write a thank you note to someone who you work with who has impacted you positively		5 pts/note	N/A	
Complete a random act of kindness (click here for 100 ideas!)		5 pts/act	+5	
Listen to, read, or watch something related to your wellness; here are some ideas		10 pts/act	+5	
Take an intentional walk of 2,000 steps or more (try a route inside or around your school)		10 pts/walk	+5	
Do something fun! Play board games, yard games, karaoke, or something else you enjoy.		5 pts	+5	
Go out to lunch (treat yourself!)		5 pts	+5	
Tidy up your workspace, Google Drive or email inbox		10 pts	+5	
Be proactive about your physical health i.e. attend a health screening or schedule a check-up		10 pts	N/A	
Enter our drawing		he	alth &	



- Mindfulness for Stress Management 10:30 11 a.m.
- Creating Calm in Your Home 11 11:30 a.m.
- Virtual Restorative Yoga 2:30 3:30 p.m.
- Expanding Healthy 9:30 a.m. & 1:30 p.m.



In-Person Activities\*

Sign up online at wellness.jordandistrict.org/day

- Restorative Yoga
- 11 a.m., 1 p.m. & 2 p.m.

South Hills Middle School Dance Portable

• Painting Activity

1 - 3 p.m.

Easley Art Studio | West Jordan

- Expanding Healthy Cooking Activity 9:30 a.m. & 1:30 p.m.
  - Mountain Creek Middle School

**Employee Health Fair** 

- Pickleball Open Play and Tournament
  - Ben's Pickle Ball Palace | South Jordan

# Free Offers\*

Community partners are contributing because they care deeply about teachers and all District employees. Get more info online at wellness.jordandistrict.org/day

- Swig
- 7-Eleven
- Ahhhsome Relaxation
- Orangetheory Fitness
- Sköl Crossfit
- Jazzercise
- The HitFit Gym
- and more!



#### 1-3 p.m. | Auxiliary Services Building Auditorium

Come meet with our benefit carriers and additional vendors such as PEHP, Dental Select, Opticare Vision Services, New York Life, Blomquist Hale, Aflac, CRX International, Harmons Dietician, Mountain America Credit Union, Encircle, Utah Poison Control and others.\* Attend to enter into a drawing for an Apple Watch or TV.

PEHP Healthy Utah testing and mobile mammograms will be available. Find instructions to schedule an appointment at wellness.jordandistrict.org/day. Space is limited.

\* Activities and offers subject to change. Please visit the website for the latest information.

### Details on all these activities and offers can be found at wellness.jordandistrict.org/day or scan the QR Code

