

## MOVEMENT

1. Walk a flight of stairs twice a day.
2. Walk 20 minutes during your lunch or break.
3. Take a fitness class at a local gym or wellness center
4. Stretch your shoulders, chest and back at your desk twice during the workday.
5. Stand up from your desk and move once every hour.
6. Do 12 "chair squats": stand up from your chair without using your arms for assistance.
7. Do at least 30 minutes of continuous cardio exercise.
8. Ask a friend or co-worker to join you in one of the above challenges.

## NOURISHMENT

1. Eat 2 servings of fruit during your workday.
2. Create a playlist. Choose one of these 4 themes or make up your own: (1) music that relaxes you (2) music that energizes you (3) music that makes you happy (4) music that makes you think
3. Eat a healthy snack in the midmorning and afternoon.
4. Drink an additional glass of water during your workday.
5. Bring a healthy holiday treat to share with your co-workers and share the recipe on the Wellness Webex Channel.
6. Eat 2 servings of vegetables during your workday.
7. Do not eat any sweets or desserts for 24 hours.
8. Eat lunch away from your desk or worksite.

## PURPOSE

1. Practice deep breathing for one minute twice during your workday.
2. Rest your eyes from the computer screen by looking in the distance or closing them for 30 seconds every hour.
3. Stop and enjoy the beautiful view out of the window.
4. Wake up 15 minutes early and take time to relax before starting your workday.
5. Take 10 minutes and reflect on ways you want to be intentional and present this holiday season.

## CONNECTION

1. Do something nice for a co-worker or friend.
2. Decorate your office or workspace with holiday cheer.
3. Donate a gift to a community toy drive.
4. Donate food to your local food bank.
5. Thank a co-worker and let them know how they have helped you or your department this past year.
6. Clean or organize a shared workspace or staff break area.
7. Call a friend or family member you have not talked to in a long time and catch up.
8. Take a break from social media for one FULL day.



December 2 - 13th

### The Challenge:

To participate, complete one wellness activity each day from the 12 days of wellness activity list, with the goal to **complete 3 activities from each of the four wellness categories**. There are four different categories reflecting our wellness program's guiding principles of Movement, Nourishment, Purpose, and Connection.

### The Prize:

Those who successfully complete the 12 Days of Wellness Challenge will be entered into a raffle to win a **Tabletop Solo Stove**.

**Share a photo of at least one of your activities** in the Atlantic Wellness Webex group chat to earn one additional entry into the 12 Days of Wellness prize raffle.

Submit your completed tracking sheet to [wellness@atlanticpkg.com](mailto:wellness@atlanticpkg.com) or your Branch Wellness Coordinator by **Dec. 18th**.

Track your progress below by writing the number and corresponding guiding principle of the activity you accomplished each day.

**Dec. 2** \_\_\_\_\_

**Dec. 3** \_\_\_\_\_

**Dec. 4** \_\_\_\_\_

**Dec. 5** \_\_\_\_\_

**Dec. 6** \_\_\_\_\_

**Dec. 7** \_\_\_\_\_

**Dec. 8** \_\_\_\_\_

**Dec. 9** \_\_\_\_\_

**Dec. 10** \_\_\_\_\_

**Dec. 11** \_\_\_\_\_

**Dec. 12** \_\_\_\_\_

**Dec. 13** \_\_\_\_\_