

BE WELL 2020

6-week Personal Wellness Challenge

April 6th - May 17th

Gain points by taking care of yourself through one or more of the following:

exercise: choose from many activities such as going for walk, taking an online yoga class, or doing strength training with dumb bells or kettlebells

healthy nutrition habits: practice healthy eating habits such as having a healthy breakfast, or drinking 8 glasses of water

overall wellness actions: stay well by actions such as getting 7-9 hours of quality sleep, connecting virtually with friends and family, or taking time to engage in relaxation activities

TO REGISTER click here: **[BE WELL 2020: Registration Link Only](#)**
(This link is for registration only)

- From this link: *create an account* if you do not have a Daily Endorphin Account, or if you already one - *log in* to register.
- Click on **BE WELL 2020**. Then click on the **WSHG community you work in** to join the challenge.

TO LOG IN use this link: **[BE WELL 2020: Log In Link](#)**
(Please save this link to log in throughout the program)

- Log in daily or weekly, to record wellness activities under the tabs: **EXERCISE**, **NUTRITION** and/or **WELLNESS**. (note: The Steps tab will not be used during this challenge)
- Use the pull-down menu to choose the activity (under the exercise, nutrition or wellness tabs) that best describes your wellness activity.

All participants who reach 600 points will be put into a raffle for Nike Electronic Gift Cards.

600 points is the equivalent of walking 30 minutes and doing one other activity under nutrition or wellness, 4 times/week.

However, you can reach the 600 point level by doing the wellness of your choice, from any activities under the exercise, nutrition and/or wellness tabs.

Enjoy & Be Well

Contact Michele, WSHG Wellness Coordinator @ mbcraemer@gmail.com, with questions.