

April 2021—Wellness Challenge



We have two more months left in our 2020/2021 Wellness Program. It has definitely been an interesting year. We've been working on wellness habits and learning how to stay connected despite the circumstances around us. We'll continue those habits with this month's challenge.

Name: _____

Building: _____

- As the weather improves we have more opportunities to get outside. Did you know there are specific benefits to taking your workout outdoors?
- Stay hydrated! Hopefully, after several challenges that include drinking water, this has become so habitual we are consistently drinking plenty of water.
- We have had a lot of practice being creative with staying connected. As we continue, we also need to consider how connecting socially will feel as things slowly open up. For some, this may cause anxiety. How should we deal with some of these new feelings?

The next page has website links which talk about each of these three areas.

Remember: move, stay hydrated, and stay connected.



Participation Guidelines:

Complete **all three areas** in **4 weeks** of the challenge to earn 100 points and entry into the monthly drawing. Complete all three areas a minimum of 3 weeks to be entered into the drawing only. **Forms must be turned in by May 7th to health@fsd145.org.**

- Show documentation with dates of your 5 days of exercise.
- Who did you reach out to this week? Did you call, video chat, meet (safely)...

<p>Week 1 Saturday, April 3rd - Friday, April 9th</p>	<p><input type="checkbox"/> Drank at least 64 oz of water for 5 days this week.</p> <p><input type="checkbox"/> Exercised 5 days this week. Dates and activity: _____</p> <p><input type="checkbox"/> Reached out to a friend, family member or coworker: _____</p>
<p>Week 2 Saturday, April 10th - Friday, April 16th</p>	<p><input type="checkbox"/> Drank at least 64 oz of water for 5 days this week.</p> <p><input type="checkbox"/> Exercised 5 days this week. Dates and activity: _____</p> <p><input type="checkbox"/> Reached out to a friend, family member or coworker: _____</p>
<p>Week 3 Saturday, April 17th - Friday, April 23rd</p>	<p><input type="checkbox"/> Drank at least 64 oz of water for 5 days this week.</p> <p><input type="checkbox"/> Exercised 5 days this week. Dates and activity: _____</p> <p><input type="checkbox"/> Reached out to a friend, family member or coworker: _____</p>
<p>Week 4 Saturday, April 24th - Friday, April 30th</p>	<p><input type="checkbox"/> Drank at least 64 oz of water for 5 days this week.</p> <p><input type="checkbox"/> Exercised 5 days this week. Dates and activity: _____</p> <p><input type="checkbox"/> Reached out to a friend, family member or coworker: _____</p>

Why take it outside:

- <https://www.everydayhealth.com/fitness/outdoor-exercise-benefits.aspx>
- <https://www.piedmont.org/living-better/7-health-benefits-of-outdoor-exercise>

Importance of hydration:

- [healthline.com/nutrition/7-health-benefits-of-water#1.-Helps-maximize-physical-performance](https://www.healthline.com/nutrition/7-health-benefits-of-water#1.-Helps-maximize-physical-performance)
- <https://www.medicalnewstoday.com/articles/290814#benefits>

Staying connected:

- <https://www.mindwise.org/blog/uncategorized/the-importance-of-social-connection/>
- <https://www.hackensackmeridianhealth.org/HealthU/2020/04/23/staying-connected-while-social-distancing-is-important-heres-why/>
- [healthline.com/health-news/5-simple-tips-to-help-manage-social-anxiety-after-leaving-lockdown#4.-Practice-self-care](https://www.healthline.com/health-news/5-simple-tips-to-help-manage-social-anxiety-after-leaving-lockdown#4.-Practice-self-care)