



# Self-Directed Activity Challenges

Now there are **TWO** ways to earn gift cards while staying fit and well!

As part of your MIIA health plan, you can participate in free, self-directed wellness challenges. To maximize convenience, all challenges can be completed on your own time, anywhere. There are no classes or workshops to attend. Choose the activities that best match your personal goals. Try something new and have fun! We provide the programs and you create a healthier lifestyle!

Each month, your employer's wellness coordinator will email you our monthly wellness e-newsletter, including the details of that month's **Wellbeing Smorgasbord** program and **Webinar Buffet**. You can choose to do the Smorgasbord activity, the Buffet webinar or both!

## The MIIA Webinar Buffet

Month	Wellbeing Buffet
September	Boost Your Immunity with Food
October	<b>NEW:</b> Balance Exercises: Building Fitness and Reducing Risk of Injuries
November	<b>NEW:</b> Alcohol: Balancing Risks and Benefits
December	Maintain Don't Gain
January	<b>NEW:</b> 10 Minute Desk Stretches
February	<b>NEW:</b> Understanding and Preventing Low Back Pain
March	<b>NEW:</b> Dementia 101: Dementia Basics
April	<b>NEW:</b> How Stress Impacts Food Choices
May	<b>NEW:</b> Strong Bones: Evidenced-Based Exercise for Osteoporosis Prevention and Management
June	Explore and Move Outdoors
July	<b>NEW:</b> FODMAP Diet - Learn More about this Diet Designed to Help People with Digestive Issues
August	Tips to Build an Effective Workout

A variety of short pre-recorded webinars focusing on sleep, gardening, fitness, diet, mental wellbeing and more! Complete at least 7 out of 12 webinars, including quiz questions, by August 31, 2023 and earn a \$50 Amazon gift card.

No catch up – webinars must be completed by end of the month. Deadline will be noted on the monthly promotional flier you receive in the e-newsletter.

## The MIIA Wellbeing Smorgasbord

Month	Wellbeing Smorgasbord
September	<b>NEW:</b> From Striving to Thriving
October	Balance and Tone
November	<b>NEW:</b> Stressing Down through Mind Body Strategies
December	Sit for 60, Move for 5
January	<b>NEW:</b> Envision Your Path Forward by Creating Your Personal Vision Statement
February	9-2-1-0: Improve Diet, Exercise and Digital Device Habits
March	<b>NEW:</b> Your Brain on Exercise
April	MIIA Meditation Challenge
May	<b>NEW:</b> Building Better Bones
June	Work Well, Live Well. Add Movement to Your Days
July	10 NEW to YOU
August	Love Your Legumes

A variety of activities focusing on diet, exercise, mental wellbeing, dental health, and more! Complete at least 7 out of 12 challenges and accompanying log forms by August 31, 2023 and earn a \$75 Amazon gift card!

\*Playing catch up: if you cannot participate in an activity during the month that it is promoted, you may catch up by completing it within 2 months of the close of the program, with the exception of our June, July, and August challenges. We will not accept log forms that are returned to MIIA outside the noted schedule.