



Wellbeing Smorgasbord Challenge!



2017-2018 MIIA Self-Directed Programs

September: Sit for 60, Move for 3: Stand and stretch or walk for at least 3 minutes every hour you sit during a 10-day period.

October: Digital Detox: Reduce or eliminate use of digital devices for 3 days.

November-January: Maintain Don't Gain: Strategies and tips to maintain your weight through the holiday season.

January: Healthy in a Hurry: Choose healthy eating strategies for busy people at least 6 out of 13 days.

February: Magic of Mindfulness: Practice mindfulness at least 15 minutes a day for 10 days.

March: Break the Sugar Cycle: Reduce your sugar intake from obvious and hidden sources for 10 days.

April: Go GREEN: Learn tips to reduce your carbon footprint - from choosing more environmentally friendly foods to eliminating plastic bottles.

May: Sleep Well: Practice better sleep strategies for 10 days.

June: Gut Health: Learn which foods to increase in your diet to maintain a healthy gut and adopt new eating habits to improve your health.

July/August: Water! It Does a Body Good: Drink the recommended amount of water daily and reduce your consumption of sugary drinks for 2 weeks.

Complete 6 or more of our 10 self-directed challenges by August 31, 2018 and earn a \$100 American Express gift card!

As part of your MIIA health plan, you can participate in free, self-directed wellness challenges. To maximize convenience, all can be completed on your own time, anywhere. There are no classes or workshops to attend.



Your employer's wellness coordinator will send you MIIA's monthly Wellness Newsletter with your monthly self-directed program description and registration details.

Look at our list of programs, a smorgasbord of exercise, diet and wellbeing activities. Pick the ones that best match your personal goals. Try something new. Each program includes educational information, tips and strategies. Some also include helpful videos and podcasts. Keep an eye out for these opportunities to have fun, improve your wellbeing, get fit and **earn \$100 American Express gift card***! We provide the programs! You create a healthier lifestyle and collect \$100 American Express gift card! (Only MIIA/Blue Cross health insurance subscribers are eligible for the \$100 American Express gift card.)

The Smorgasbord Challenge starts in September. Watch for MIIA's September Wellness Newsletter with "Sit for 60, Move for 3" in your inbox! You also earn prizes for completion of each individual challenge. Enjoy and choose wellbeing!

