



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!

New this fall!

The MIIA Webinar Buffet

Month	Webinar Buffet
September	Tips to Build an Effective Workout
October	Boost Your Immunity with Food
November	The Pillars of Mental Fitness
December	Winter Gardening Indoors
January	Dig Into Diets: Do They Work?
February	Exercising at Home Made Simple
March	Sleep and Health
April	How to Reduce Inflammation Naturally
May	The Power of Self Compassion and Resilience
June	Spring Gardening Outdoors
July	The WHOLE Story of Whole Grains and Fiber
August	On a Roll! How to Reduce Tension with Foam Rollers and Tune Up Balls

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, 2021 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.

Back by popular demand!

The MIIA Wellbeing Smorgasbord

Month	Wellbeing Smorgasbord
September	Sit for 60, Move for 5
October	Color Your Plate
November	Stress Less Express
December	Dive into Dental Health
January	9-2-1-0 : Improve Diet, Exercise and Digital Device Habits
February	Have You Filled a Bucket Today?
March	Pause on Purpose
April	MIIA Marathon
May	Change Your Thoughts, Change Your Life
June	The MIIA Scavenger Hunt
July	Love Your Legumes
August	Balance and Tone

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, 2021 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.