

Wellbeing Smorgasbord Challenge!



Complete 7 of 12 of our self-directed challenges by August 31, 2019 and earn a \$75 VISA 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 \$75 VISA gift card*! We provide the programs! You create a healthier lifestyle and collect **\$75 VISA gift card!** (Only MIIA/Blue Cross health insurance subscribers are eligible for the \$75 VISA gift card.)

The Smorgasbord Challenge starts in September. Watch for MIIA's September Wellness Newsletter with "Sit for 60, Move for 5" in your inbox! You also earn prizes for completion of each individual challenge. Enjoy and choose wellbeing!

*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.

2018-2019 Self-Directed Programs

September: Sit for 60, Move for 5

Stand and stretch or walk for at least 5 minutes every hour you sit during a 10- day period.

October: Digital Detox

Reduce or eliminate use of digital devices for 3 days.

November: NEW Give Thanks! Do Planks!

Complete core exercises for 12 days around Thanksgiving time!.

December: Magic of Mindfulness:

Practice mindfulness at least 15 minutes a day for 10 days.

January: Healthy in a Hurry:

Choose healthy eating strategies for busy people at least 6 out of 13 days.

February: Break the Sugar Cycle:

Reduce your sugar intake from obvious and hidden sources for 10 days.

March: Gut Health:

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

April: Go GREEN:

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

May: NEW Passport to Health

Adopt some healthy habits from countries around the world.

June: NEW Walking Tall

Modify your posture and stride for improved and less painful walking, jogging, sitting, standing.

July: NEW 9-2-1-0

Every day for 10 days: eat 9 fruits and veggies, limit screen time to 2 hours, be active at least 1 hour, and drink 0 beverages with added sugar.

August: Water! It Does a Body Good:

Drink the recommended amount of water daily and reduce your consumption of sugary drinks for 2 weeks.