

Wellbeing Smorgasbord Challenge!



Complete 7 of 12 of our self-directed challenges by August 31, 2020 and earn a \$75 Amazon 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 Amazon gift card*! We provide the programs! You create a healthier lifestyle! (Only MIIA/Blue Cross health insurance subscribers are eligible for the \$75 Amazon gift card.)

The Smorgasbord Challenge starts in September. Watch for the promo email that includes the September activity: "10 New to You!" 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.

Self-Directed Programs

September: NEW 10 NEW to YOU!

Eat 10 NEW fruits and veggies over a 12-day period. Branch out! Be bold!

October: NEW Go Outside!

Spend at least 120 minutes per week outside. You will be happier and healthier!

November: NEW Have You Filled A Bucket Today?

There is much gained when we do something for another person. Our focus is on how to fill another person's emotional bucket.

December: NEW Stress Less Express

Overwhelmed by the holidays? Learn stress reducing and time management tactics, practice self-care, and learn to be intentional with your time throughout the holidays.

January: NEW Love Your Legumes

Do what your mother told you and eat your beans and peas!

February: NEW Balance and Tone

One of the key aspects of a healthy body is balance! Balance degrades and our risk of injury due to falling increases as we age. Learn exercises to improve and maintain your balance!

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 Pause on Purpose

Turn off the "noise" and take a pause. Pausing allows you to bring your whole self into your work and life. It helps you spend your time on the things that matter most to you.

June: Walking Tall

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

July: Passport to Health

Adopt some healthy habits from countries around the world.

August: 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.