

Initiatives, challenges and contests offered in 2022

On Going

- Any 5k or more run/walk/bike with proof of registration
- Did you sponsor a co-worker? If they completed their ticket to wellness, your name will be entered for prize drawings
- **December 2021 Month in oral health challenge

January

- Plank challenge
- 15-minute standing abs workout
- 15-minute strengthening workout
- Walk 30 minutes/5 days per weeks

February

- Step it up stairs/walk challenge
- Blood pressure checkup
- Walk 30 minutes/5 days per weeks

March

- Fruits & veggies every day
- Keep it going step it up stairs/walk challenge
- Walk 30 minutes/5 days per weeks
- No processed food month

April

- Wall sit challenge
- Stretching exercise every day

May

- 22 in 22 challenge
- Meditation

June

- Donnie's bicycle challenge
- Alexis' water challenge
- Scavenger Hunt
- Walk 30 minutes/5 days per weeks
- Trim 500 calories from daily intake

July

- Claire's squats challenge
- Keep it going water challenge
- Spring into Wellness
- Walk 30 minutes/5 days per weeks

August

- Month in wellness
- Plank challenge
- Keep it going water challenge
- Walk 30 minutes/5 days per weeks

September

- Fall into fitness
- Sleep challenge
- Resistance band leg challenge
- Walk 30 minutes after dinner at least 15 times in September

October

- Stretchy band challenge
- Pumpkin carving & decorating contests
- Calhoun County Trail Run

November

- Strength training
- Attendance. No short-term/long-term disability, or worker's compensation between 1/1/2022 – 12/1/2022
- Daily 30 minutes brisk walk

Initiatives you can do anytime during the year

- Annual physical
- Dental cleaning
- Optical examination
- Mammography
- Colonoscopy
- Prostate exam
- Cancer screening
- HRA
- Compare 2021 HRA results with 2022 HRA results. Get a point if results are better in 2022
- Enroll in HelpNet's Wellness coaching program
- Blood donation
- Smoking cessation
- Flu shot

- Part of a sports team
- CPR/First aid certification
- Fitness membership
- Conducting your own fitness routine
- Health education class, like Weight Watchers
- Submit your favorite recipe