As we enter December and the holiday season, the 12 Days of Wellness challenge will help keep your body and mind in good health and spirit. To participate, all you have to do is complete one wellness activity each work day from the 12 Days of Wellness activity list. There are four different categories of wellness activities: Fitness, Nutrition, Community, and Well Being. At the end of the challenge, your goal is to complete three activities from each of the four wellness categories.

Those eligible to participate – Kirkwood faculty/staff & students

If you meet the 12 Days of Wellness challenge requirements, turn your tracker in to Jill Williams – Johnson Hall, or scan and email it to jill.williams@kirkwood.edu. All entries must be received by December 22nd by 5pm – the drawing will take place Tuesday, December 23rd.

EVERYONE that successfully completes the 12 Days of Wellness challenge will be entered in to the raffle to win the grand prize drawing –

- 1st place drawing - $50 loaded in Eagle Cash on to your Eagle card
- 2nd place drawing - $40 loaded in Eagle Cash on to your Eagle card
- 3rd place drawing - $30 loaded in Eagle Cash on to your Eagle card

The wellness activity list and tracking form can be found on the 2nd page.

Check out the REC center website for a full listing of hours, fitness classes and other offerings! http://www.kirkwood.edu/reccenter

Or check out the Kirkwood Blue Zone webpage for more healthy information - http://www.kirkwood.edu/bluezones
12 Days of WELLNESS Challenge

Dec. 8 Wellness Task #
Dec. 9 Wellness Task #
Dec. 10 Wellness Task #
Dec. 11 Wellness Task #
Dec. 12 Wellness Task #
Dec. 15 Wellness Task #
Dec. 16 Wellness Task #
Dec. 17 Wellness Task #
Dec. 18 Wellness Task #
Dec. 19 Wellness Task #

Complete a different wellness task each day, for the first 12 work days in December.

Your 12 Days of Wellness should include 3 tasks from each of the four categories.

FITNESS
1. Walk campus stairs twice in one day (the more stairs the merrier!)
2. Walk 20 minutes during your lunch or break.
3. Take a fitness class or Yoga class at the REC (try the new chair Yoga class Tue. @11am Iowa Hall – Amana room)
4. Stretch at your desk twice during your work day.
5. Stand up from your desk and move once every hour.
6. Do 12 “chair squats” standing up from your chair without using your arms for assistants
7. Do 30 minutes of continuous cardio exercise.
8. Join a walking Moai

NUTRITION
9. Eat 2 servings of fruit during your work day.
10. Eat a balanced lunch containing a protein, whole grain, and fruit or veggie.
11. Eat a healthy snack in the midmorning & afternoon.
12. Drink an additional 12oz. of water during your work day.
13. Bring a healthy, holiday treat to share with your co-workers.
14. Eat a lunch or snack made with fresh ingredients.
15. Eat 2 servings of vegetables during your work day.
16. Do not eat any sweets or desserts for 24 hours.
17. Replace soda with H20

WELL BEING
18. Practice deep breathing for 1 minute, twice during your work day.
19. Rest your eyes from the computer screen by looking in the distance or closing them for 30 seconds every hour.
20. Share a positive news story when discussing current events with your co-workers.
21. Wake up 15 minutes early and take time to relax before starting your work day.
22. Eat lunch away from your desk or work site.
23. Make a list of your accomplishments in 2014, both professional and personal
24. Stop and enjoy the beautiful view!

COMMUNITY
25. Do something nice for a co-worker or student.
26. Decorate your office or work space with Holiday cheer.
27. Donate a gift to a community toy drive.
28. Donate food to your local food bank, or volunteer.
29. Attend the Holiday Reception – Tuesday Dec. 9th 3-5pm. Mansfield Center Atrium. RSVP
30. Thank a co-worker and let them know how they’ve helped you or your department this past year.
31. Clean and organize a shared work space or staff break area.
32. Attend a Blue Zone Purpose workshop