The holidays are full of cheer & good spirits AND stress, hectic schedules and overeating. All the extra activities and expectations can throw you off your routine.

The 12 Days of Wellness is an opportunity to keep wellness at the top of your to-do list. You don’t have to wait until New Year’s to make a resolution to take care of yourself!

**RULES:**

- Complete one wellness activity a day from the 12 Days of Wellness activity list.
- Complete 3 tasks from each categories, Physical, Nutrition, Wellbeing & Community
- Fill in the activity number in the appropriate date.
- Submit your tracking sheet to Work Well Stop 8365 or email to andria.spaeth@und.edu
- Deadline December 22, 2017

**Chance to win a Wellness Goodie Basket**

*Have fun and enjoy your 12 Days of Wellness!*
## 12 Days of Wellness

Dec. 4 - 15

### Physical
1. Walk a flight of stairs 2X today
2. Walk during your lunch or breaks
3. Try a new exercise class or video
4. Stand up from your desk & stretch every hour
5. Chair squats: stand up from your chair without using your arms & repeat 10 times.
6. 30 minutes of cardio exercise
7. Add 15 minutes of strength training to your exercise routine
8. Walk to a coworkers office today instead of sending emails
9. Ask a coworker to take a walk
10. Stand during phone calls
11. Check you monitor, the top 1/3 should be above eye level
12. Wall Sit: lower into seated position with back against the wall & hold

### Nutrition
13. Eat one green food
14. Make half your plate vegetables
15. Stash healthy snacks in your desk.
16. Drink an additional 8oz of water
17. Bring a healthy holiday treat to share with coworkers
18. Eat a healthy breakfast containing protein.
19. Drink a side salad instead of french fries
20. Eat lunch away from your desk

### Wellbeing
25. Practice deep breathing for one minute 2X during work
26. Look away from the computer for 30 seconds every hour
27. Share a positive news story with a coworker
28. Eat lunch with a coworker
29. Ditch negative talk—have a positive outlook all day
30. Give a seasonal greeting to a stranger
31. Make a holiday budget
32. Write down 5 things you are grateful for
33. Get at least 7 hours of sleep
34. Find an inspiring quote & share it
35. Declutter your desk
36. Meditate

### Community
37. Do something nice for a coworker.
38. Donate a gift to a toy drive
39. Tell a coworker how they helped you this past year
40. Clean a shared workspace or staff break area
41. Donate food to a food bank
42. Volunteer for one hour
43. Pay it forward with a random act of kindness
44. Take your own bags on shopping trips
45. Organize an office get-together after hours
46. Bring a healthy snack to share with the office

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### Complete a different wellness activity each day

<table>
<thead>
<tr>
<th>Dec. 4, Monday</th>
<th>Dec. 11, Sunday</th>
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<tbody>
<tr>
<td>Wellness Task #________</td>
<td>Wellness Task #________</td>
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<tr>
<td>Dec. 5, Tuesday</td>
<td>Dec. 11, Monday</td>
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<td>Wellness Task #________</td>
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<tr>
<td>Dec. 6, Wednesday</td>
<td>Dec. 12, Tuesday</td>
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<td>Dec. 7, Thursday</td>
<td>Dec. 13, Wednesday</td>
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<td>Dec. 8, Friday</td>
<td>Dec. 14, Thursday</td>
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<tr>
<td>Dec. 9, Saturday</td>
<td>Dec. 15, Friday</td>
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<td>Wellness Task #________</td>
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