



MIND + BODY + SOUL

TRIPLE THREAT WELLNESS CHALLENGE

WEEK TWO TASKS: FUEL YOUR BODY

5 POINTS

Enjoy 15 to 20 minutes of yoga.

If yoga isn't for you, try stretching or breathing exercises. The point is to be aware of your body, work on flexibility, and release tension.

5 POINTS

Wind down intentionally at the end of the day.

Before bedtime, picture your ideal routine. At bedtime, tell yourself it's time to relax, and really know what that means.

10 POINTS

Up your veggie intake with a meatless meal.

Swap out the meat in your lunch or dinner and load up on vegetables. Fresh is great, but frozen and canned work as well!

10 POINTS

Nourish your body with a healthy, balanced meal.

Be mindful of the food choices you make. If you enjoy cooking, make it a homemade meal.

10 POINTS

Follow the 1-hour disconnect rule.

Disconnect from electronics one hour after waking in the morning, and 1 hour before going to bed.

15 POINTS

Do at least 20 minutes of physical activity.

Walk, run, dance... do something you enjoy. The goal is to move your body like it was designed to do!

15 POINTS

Set time aside to relax.

Enjoy a long bubble bath, treat yourself to a mani/pedi, or schedule a massage. Do something for yourself!

20 POINTS

BONUS!!!

Tell us what motivates you to fuel your body with what it needs.