



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 exercise.**

MOVE... 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.