

Better together:



## Prizes !!!

### Virtual/Online Awards Night

**When: Wednesday, June 10, 2020**

**Where: YOUR HOUSE! On ZOOM!**

**Prizes will be awarded!**

**The Wellness Warriors will be crowned!**

- ◆ First Place: \$200 ( 4 x \$50 local gift cards)
- ◆ Second Place: \$120 (4 x \$30 local gift cards)
- ◆ Third Place: \$ 80 (4 x \$20 local gift cards)

*A big thank you to all of the teams for participating, to the organizing committee and to everyone in High River who is committed to community wellness!*

High River



Community

# Wellness CHALLENGE

April 19 to May 30, 2020

## Participant Guidebook

Celebrating Our

10th

Community Wellness  
Challenge

# 10th Annual Community Wellness Challenge VIRTUAL EDITION

- 6 week challenge—from April 19-May 30, 2020
- Register your team of 4
- If you want to participate and do not have a team, we will find you a team! Let us know!
- Prizes for the top 3 teams!
- The top team will be awarded the coveted title of “Wellness Warriors 2020!”
- Accumulate points for wellness activities (outlined on next page)
- Daily Points can come from:
  - Physical Activity Points (see next page)
  - Wellness Points (see next page)
  - Bonus Points (see next page)
- Daily maximum of 40 wellness points plus earn up to 10 bonus points

## Team Registration Information:

- Cost—FREE!
- Choose a team captain (contact person)
- Choose a team name
- Download the Wellness Challenge Team package on [www.ourhighriver.com](http://www.ourhighriver.com)
- Call (403) 336-2568 or email [hrccommunitywellnesschallenge@gmail.com](mailto:hrccommunitywellnesschallenge@gmail.com)

## Information Sessions

April 13 <b>START</b>	11am @ facebook live (later on youtube) Orientation
April 22 <b>WORK</b>	7pm @ facebook live (later on youtube) Ok! Working From Home.
April 29 <b>LOVE</b>	7pm @ facebook live (later on youtube) Using Nature for Self Care
May 6 <b>PLAY</b>	7pm @ facebook live (later on youtube) Staying Active at Home
May 13 <b>SLEEP</b>	7 pm @ facebook live (later on youtube) Bedtime Stories and Mindful Wind Down
May 20 <b>EAT</b>	7pm @ facebook live (later on youtube) Stress Eat - the Healthy Way!
May 27 <b>FUN</b>	7 pm @ facebook live (later on youtube) Dirt—Your Mental Health Companion
June 10 <b>Awards! Prizes!</b>	7 pm @ ZOOM Awards night



# Points System

## Helpful Reminders

### Reporting Points

Each team member keeps track of their own weekly points and sends them to their Team Captain each week for reporting.

### Physical Activity + Wellness + Bonus Points = Daily Totals

**Personal Score Card**—report to the team captain at the end of each week.

### Contact Us:

- E-mail:** hrcommunitywellnesschallenge@gmail.com
- Phone:** 403-336—2568
- Text:** 403-336-2568
- Facebook:** High River Community Wellness Challenge
- Instagram:** @ourhighriver (we get to take over their insta!)
- Web:** FORMS at www.ourhighriver.com

*It is important to talk with your family physician before starting any new exercise program.*

Tag us on your social media for your bonus points!  
#hrwellnesschallenge

### Wellness Points (WP)

Each item below is worth 5 Wellness Points—pick & choose how you earn your wellness points from the list below. Remember, there is a **daily maximum of 40 WP. (if you do the 20 pts in physical activity then you have 20 pts left from this list)**

- \* Physical activity Adults ages 18+ years 15 minutes = 5 pts (daily max of 20 pts)
- \* Physical activity Children up to 17 years 30 minutes = 5 pts (daily max of 20 pts)
- \* Screen free night ( 5 pm-12 am) —5 pts
- \* Eat a homemade meal—5 pts
- \* Day without alcohol, pop or tobacco , vaping and nonmedicinal cannabis-5 pts
- \* Drink water—adults 6 cups, kids 3 cups (1 cup = 250 mls or 8 ounces)-5 pts
- \* Eat vegetables and/or fruit with every meal.-5 pts
- \* Enjoy a good night's sleep (in your opinion)-5 pts
- \* Self-care, spend time in a self care activity— 5 pts (eg: reading, writing, hobby, meditation)
- \* Perform a random act of kindness— 5 pts

### Daily Bonus Points (BP)

**Earn up to 10 bonus points** per day:

- \* Share the Challenge information on your social media (use #hrwellnesschallenge)- 5 pts
- \* Attend a virtual/online event/class/activity promoting health and wellness excluding the information session—5 pts
- \* Have a How's Your 5? Conversation—5 pts

### Additional points can be earned by:

- \* **Watching Wellness Challenge Information Sessions online. (schedule on next page) - 5 points for each session attended—comment on session and share it on your social media.**

## Personal Points Sheet: Wellness Challenge

PA - Physical Activity WP - Wellness Points

	Week 1 Apr 19-25		Week 2 Apr 26-May 2		Week 3 May 3-9	
	PA Points	WP Points	PA Points	WP Points	PA Points	WP Points
Su						
M						
T						
W						
T						
F						
Sa						
B O N U S						
T O T A L						

## Yay you! You can do it!

PA - Physical Activity WP - Wellness Points

	Week 4 May 10-16		Week 5 May 17-23		Week 6 May 24-30	
	PA Points	WP Points	PA Points	WP Points	PA Points	WP Points
Su						
M						
T						
W						
T						
F						
Sa						
B O N U S						
T O T A L						