

PHYSICAL WELLNESS MONTH

Physical wellness involves the ability to maintain a healthy body through physical activity, healthy eating, adequate sleep, and avoidance of harmful habits.

Physical wellbeing involves taking care of your body. The mind and body are linked. When you improve your physical health, you will experience greater emotional well-being.

W	E	L	L	N	E	S	S
Compete Start up a physical challenge among colleagues	Drink Drink plenty of water (a min of 8 glasses per day) for the whole month	Get Moving Do either 3 x 10 mins or 1 x 30 min burst of movement in a day	Healthy Food Eat 3 healthy meals and only light healthy snacks in the day	Sleep! Get at least 7 hrs of sleep for at least one week	Flossed Floss your teeth 	More Veggies Please Consciously increase vegetable intake	Players Choice
No Carbonated Bevies Avoid carbonated beverages	Exercise your Muscles Do resistance training	Stretches Do a min of 10 mins of stretching in office 	Start Day Right Eat a healthy breakfast	FREE	Choose Healthy Beverages Limit sugary and caffeinated beverages	Alcohol Free Do not consume any alcohol for the whole month	Gas-less Commute Bike, Walk or Roll to work
10,000 Steps Achieve 10,000 steps per day for at least 5 days in one week.	Eat Mindfully Pay attention to taste, textures, flavors, and the appearance of food)	Walk instead of Drive Walk to a place you would normally drive	No Caffeine Avoid caffeine, eating or drinking right before bed	Stand Up! Stand Up Stand up every hour for a minimum of 1-2 minutes throughout the work day	Stairs Use the stairs instead of elevator 	Get a Dose of Sunlight Took a stroll around campus (minimum 15 mins)	KinSpin Plan to register for the UofS KinSpin http://recservices.usask.ca/programs-services/kinspin.php
Posture Be conscious of your posture throughout the day and correct	Eat out Less Cook more, eat out less than you typically do.	Get Educated Read nutrition labels when grocery shopping	Get Outdoors Enjoy the great outdoors – get outside!	150 min/wk Achieve a minimum of 150 mins total of physical activity in a week	Group Activity Participate in a group physical activity/sport.	More Fruit Please Consciously increase fruit intake	Get Up Stand while talking on the phone

Challenge yourself to work on at least one square per day. When you complete the task, check of the square.

Work towards completing at least 17 squares over the course of the month. If you complete all the squares – shout BINGO, give yourself a pat on the back, and take a bow!



UNIVERSITY OF SASKATCHEWAN

Wellness Resources

A DIVISION OF HUMAN RESOURCES
WORKING.USASK.CA

Thank you for your commitment to work towards and sustain your overall well-being!