

# Work Well Challenge

1 point for each exercise



## MIND



## BODY



## STRENGTH

Add a note into a team member's gratitude jar	Bike 10 minutes - brisk, heart rate up	<b>Do 2 sets of 10 reps</b>
Spend 5-10 minutes writing down what you are thankful for	Walk 10 minutes - brisk, heart rate up	
Meditate for 10 minutes	Standing at desk 30 minutes	<b>ARMS</b> Wall push ups Tricep desk dips Arm raises Arm circles w/ weights Shoulder shrug
Listen to headspace for 10 minutes	Take the stairs - both ways 1 time	<b>CORE</b> Office Chair Spin Sitting Twisted Crunches Standing Side Crunch w/ weights Seated forward crunch (both legs)
Body Scan for 10 minutes ( <a href="http://bit.ly/BodyScanLink">http://bit.ly/BodyScanLink</a> )	1 point for every 5,000 steps/day	
Meditate while listening to a calming song	<b>NUTRITION</b>	<b>LEGS</b> Squats Sitting Leg lifts Calf Raises Wall sit- 30 seconds to 1 minute Stand up, sit down  *New comparable strength exercises may be done
Color for 10 minutes/day		
Count to 8 breathing exercise		
Take a stretch break by choosing 10 exercises below. (hold each for at least 10 seconds) <a href="http://bit.ly/DeskerciseRoutine">http://bit.ly/DeskerciseRoutine</a>		

### RULES:

- All exercises must be completed during work day - at home or in the office in order to qualify for points.
- Participants must do at least one activity in each category at least once throughout the week in order for all points to qualify.
- The competition will start at the beginning of the work day Monday and end at 5:00PM (or the end of your work day) on Fridays.
- Log on Wednesdays and Fridays if possible, but at least once before the end of your work day on Friday.
- Maximum number of points per day = 16 points



**PennState**  
PRO Wellness