

WELLNESS, ONE DAY AT A TIME

February 2019

Welcome to month two of 2019 and round two of the wellness program. How many goals and challenges did you complete last month? How's your brain yoga coming along? Did you master the finger tapping exercise? Let us know how you did and plan to 'up it' next month!

Resource 1: Wellness Monthly Calendar

Print or save the [February 2019 Wellness Calendar](#) to your computer. We have provided different sizes for you to choose from and even broken the activities down by week. Now what? IMPLEMENT! Post it in your lunchroom. Start a wellness board. Email it out to all of your employees. Post it by the time clock. Do whatever works for your workplace.

Resource 2: Wellness Mental Exercise; Wellness Word Scramble

According to scientists, word scrambles activate the parts of the brain that deal with language and word finding by stretching our thinking. Unlike timed activities, word puzzles get us to make new connections and gives us a chance to think outside of our mind's box. Post this exercise by your wellness calendar and see if your employees can unscramble these words.

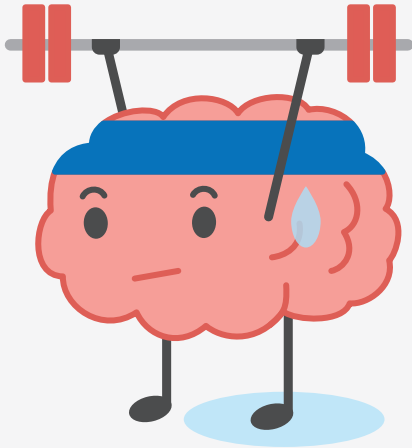


Some tips for getting employees involved:

- Make it an office or department activity. Since it's heart month, organize group walks on lunch time or after work!
- Incentives and challenges are also a great way to get participation up!
- You can make it a department challenge. The department that has the most employee participation gets to pick the next work lunch meal! Post a 'leaderboard' next to your wellness calendar to add to that friendly competition.
- You can even make it an individual challenge. The Employee that participates the most each month gets a new reusable water bottle. Or maybe they get their name entered for a larger prize at the end of the year like a gift card to a restaurant.

We would love to see how you have participated! Tag us on Instagram @dunk247 and use the hashtag #dunkwellness2019, or send us your success stories via email! We love to hear all the feedback, even the negative. It helps us improve.

WELLNESS MENTAL EXERCISE: WORD SCRAMBLE



Did you know that word games, such as unscrambling words, activates the part of our brains that deals with language? They also help to improve our working memory by forcing us to access vocabulary from memory.

Take a look at these wellness scrambles and see if you can figure them out!

1. tgvesnlsoiniat
2. renntnvioEm
3. ninrltoaisp
4. snWelels
5. oHrnadtiy
6. aeutlrfG
7. eeoultrVn

8. gaoY
9. nreFdi
10. miaylF
11. nocetefRli
12. ivsoiteP
13. nsKdisen
14. trppoSu

Answers:
1. Investigations
2. Environment
3. Inspiration
4. Wellness
5. Hydration
6. Grateful
7. Volunteer
8. Yoga
9. Friend
10. Family
11. Reflection
12. Positive
13. Kindness
14. Support

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24-7 Wellness February 2019



Presented by Systems 24-7

Week #1: February 1 – February 2

Goal
Achieved

Fri.	February is heart month. Start it off right by going for a 30-minute WALK . Can't find 30 minutes? Do 10 minutes, 3 times.	<input type="checkbox"/>
Sat.	SWEET TOOTH DAY . Having something sugary and sweet can be a fun treat every now and again. Today have something sweet; it could be a cookie, a piece of cake, or even a really juicy apple!	<input type="checkbox"/>

Week #2: February 3 – February 9

Goal
Achieved

Sun.	READ SOMETHING NEW today. An article, a magazine, or a chapter of your favourite book.	<input type="checkbox"/>
Mon.	February can get cold. Warm up today with a BOWL OF SOUP . Make sure it has some veggies in it!	<input type="checkbox"/>
Tue.	Learn to SAY NO! You don't have to say yes to everything. Learn to say no to help your stress levels. Say 'no' to something today! Maybe it's that sugary donut!	<input type="checkbox"/>
Wed.	SKIP THE CAFFEINE today. Think you can do it? No caffeinated teas, sodas, or coffee...for an ENTIRE day...	<input type="checkbox"/>
Thu.	Make use of your GYM membership! Go to the gym TODAY. No membership? Try a YouTube workout video.	<input type="checkbox"/>
Fri.	Add some CINNAMON to your day. To your tea, coffee, yogurt, or apples. Cinnamon helps reduce stress and is helpful in relieving digestive complaints.	<input type="checkbox"/>
Sat.	Don't spend money today on food! CLEAN OUT THE FRIDGE or pantry and eat what you have.	<input type="checkbox"/>

Week #3: February 10 – February 16

Goal
Achieved

Sun.	Review your GROCERY LIST . If you don't buy those salty or sweet unhealthy snacks, you won't eat them.	<input type="checkbox"/>
Mon.	Financial wellness - Do you have the best phone plan, internet plan, or cable plan out there? Check what's new and try to SAVE .	<input type="checkbox"/>
Tue.	GREEN DAY . Every hour, take a moment to look around you and see if you can spot something green. You have to find something different each time though. Maybe it's the shirt that a customer was wearing. Or maybe it's the fake plant that your co-worker keeps on her desk.	<input type="checkbox"/>
Wed.	Today, do a RANDOM ACT OF KINDNESS . Being compassionate not only helps other people, but also makes you happy and healthier. Smile at a stranger at the store. Buy your co-worker their favourite snack. Compliment a friend.	<input type="checkbox"/>
Thu.	HAPPY VALENTINE'S DAY! Today, treat yourself to a small indulgence. Have a latte instead of a regular coffee, or a coffee and a cookie.	<input type="checkbox"/>
Fri.	On your commute home today, try doing it in SILENCE . Turn off the radio or your iPod and take the time to reflect on your day.	<input type="checkbox"/>
Sat.	It's the weekend and you deserve a SLEEP IN . Hit that snooze alarm one more time and enjoy the slower pace of the weekend morning.	<input type="checkbox"/>

Week #4: February 17 – February 23

Goal
Achieved

Sun.	Research the benefits of APPLE CIDER VINEGAR and find out how you can implement this into your diet to get the benefits.	<input type="checkbox"/>
Mon.	Happy FAMILY DAY! Make sure to connect with a loved one today. Pick up the phone or stop on by and let them know how much they mean to you.	<input type="checkbox"/>
Tue.	Drop off a CANNED FOOD item at a food shelter on your way home. Some grocery stores even have bins right there you can drop cans off in.	<input type="checkbox"/>
Wed.	THANK YOU, THANK YOU! All day long, say thank you. Be grateful and fill your day with thanks. The goal, 10 'Thank Yous'!	<input type="checkbox"/>
Thu.	EXERCISE during commercial breaks. Squats, crunches, arm circles, etc. Utilize those commercials during your favourite TV show.	<input type="checkbox"/>
Fri.	FRUIT FRIDAY - Try having a piece of fruit with each meal today.	<input type="checkbox"/>
Sat.	Take a few hours for yourself today. Enjoy a bubble bath, see a movie by yourself. ENJOY YOU.	<input type="checkbox"/>

Week #5: February 24 – February 28

Goal
Achieved

Sun.	Get ONE THING done on your 'To Do' list. Clean the car. Organize the garage. Purge your closet. Today, just get it done!	<input type="checkbox"/>
Mon.	DEEP BREATHS. Every hour, stop for a minute and take a big, deep breath, and then slowly let it out. With it, let any stress or anxiety that may have built up in that hour go.	<input type="checkbox"/>
Tue.	Track your CALORIE intake today; how many calories are you actually putting in your body? Be prepared to be shocked!	<input type="checkbox"/>
Wed.	PINK SHIRT DAY. Workplace violence should not be tolerated. Wear a pink shirt today to show support against workplace bullying. Share your pictures with us to help spread awareness.	<input type="checkbox"/>
Thu.	EAT BREAKFAST TODAY! You should eat it every day but if you usually don't, try it today. Focus on proteins (eggs) and health fats (avocadoes); these keep you feeling full.	<input type="checkbox"/>

Don't forget to share your journey with us!