

WELLNESS, ONE DAY AT A TIME

January 2019

Welcome to January; a new year filled with new possibilities! Whether you're a returning participant to our wellness program or brand new, it's really simple to participate. Each month we will release a new calendar. Every day will have a different activity that can be done either in the workplace as a group, or at home individually. Don't like the activity for the day? Go ahead and switch it up! Have fun this year and get everyone involved. If you have questions, call us at 1-866-754-8839 or send us an email to info@systems24-7.com.

This year we've added a fun twist to the program. In addition to your daily wellness challenges and activities (we've brought back some of your favourites and added some new surprises!), each package this year includes a fun mental activity that you can try. We have crosswords, word searches, riddles, and so much more! So, shake off that holiday sluggishness and get ready for 2019, your year of WELLNESS!

Resource 1: Wellness Monthly Calendar

Print or save the [January 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; Brain Yoga

For your first mental activity we've decided to start off with an easy one. Brain Yoga! These exercises are designed to help strengthen neural connections that help with grey matter functions of your brain. These exercises are both fun and frustrating, all at the same time. Enjoy!

Some tips for getting employees involved:

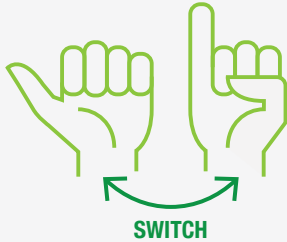
- Make it an office or department activity. On Meatless Monday, maybe have everyone pitch in and order a salad or fruit tray for the office?
- Incentives and challenges are also a great way to get participation up!
- You can make it a department challenge. The department that has the most employee participation 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: BRAIN YOGA



Exercise #1

Take your left hand, make a fist, and extend your thumb. Do the same with your right hand, only this time extend your pinky. Now switch them so it's left pinky and right thumb. Not so easy, is it? Can you go faster?



Exercise #2

Take a pen and try rotating it around your middle finger, using your thumb, index, and ring finger to help manipulate the pen. Think about twirling the pen around your fingers.



Exercise #3

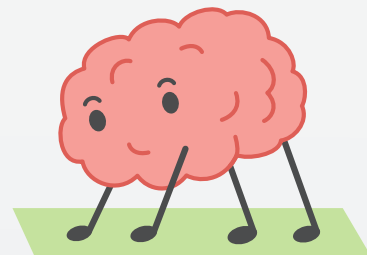
Place one hand, palm down, on a desk or table. Practice lifting and tapping 2 fingers at time...there are 10 different 2-finger combinations.



Exercise #4

Pretend that there is a pizza sized circle in front of you, chest high, and perpendicular to your shoulder axis. With your left hand, trace the imaginary circumference in an over-the-top rotation. With your right hand, trace the imaginary circumference in the opposite direction along the same plane. If someone was standing to the side of you, it would appear that one hand is tracing a clockwise circle, and the other hand is tracing the same circle, counter-clockwise.

The coordination that is involved in these exercises will help to strengthen neural connections, which will help with both memory and other grey matter functions such as decision making, speech, and muscle control.



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24-7 Wellness January 2019



Presented by Systems 24-7

Week #1: January 1 – January 5

Goal
Achieved

Tue.	Today is GRATEFUL DAY . With a new year ahead of us, take a moment today and think of something you're grateful to have in your life.	<input type="checkbox"/>
Wed.	PHONE a friend. Can you remember the last time you phoned (not texted!) a friend or family member just to catch up?	<input type="checkbox"/>
Thu.	SHARE your personal goals for the new year. You might find someone with similar goals and you can work together to achieve them.	<input type="checkbox"/>
Fri.	TGIF! Thank goodness it's Friday! Put on your COMFIEST clothes as soon as you get home and relax!	<input type="checkbox"/>
Sat.	With your first week of the new year complete, take some time to relax this weekend and READ a book.	<input type="checkbox"/>

Week #2: January 6 – January 12

Goal
Achieved

Sun.	MEAL PREP - With your first full week of work ahead of you, take some time today and plan out your meals for the week.	<input type="checkbox"/>
Mon.	Discover a new SONG to listen to on your way to and from work, or even during the workday.	<input type="checkbox"/>
Tue.	It's easy to get caught up in life but DON'T NEGLECT your health. Make sure you have your annual medical appointments booked for the year: physical, dental, eyes, etc.	<input type="checkbox"/>
Wed.	Pick an ACTIVITY you haven't done since you were a kid and give it a try -board games, laser tag, skipping, etc.	<input type="checkbox"/>
Thu.	Once every hour, take a minute to STRETCH . Stretching keeps your muscles flexible, strong and healthy.	<input type="checkbox"/>
Fri.	Try a NEW RECIPE today. It's time to head to the grocery store and grab the things you need for that recipe you found on Pinterest back in 2018.	<input type="checkbox"/>
Sat.	DANCE like no one's watching. Release the pent-up anger you have from the week, the extra energy you've been bottling up, or the wiggles that you just need to let out and dance!	<input type="checkbox"/>

Week #3: January 13 – January 19

Goal
Achieved

Sun.	Go to BED an extra hour early tonight.	<input type="checkbox"/>
Mon.	SHARE A SMILE . See someone having a bad day? Send them a smile.	<input type="checkbox"/>
Tue.	CHALLENGE YOUR BRAIN today. Try a crossword puzzle or a sudoku. They can be found in every newspaper.	<input type="checkbox"/>
Wed.	REDUCE your caffeine intake today. No coffee or tea after 1pm. Challenge yourself to slowly reduce your caffeine consumption, you'll thank us later!	<input type="checkbox"/>
Thu.	It's time to HYDRATE! Drink 8 glasses of water today. Maybe add some lemon slices in for zest!	<input type="checkbox"/>

Week #3: January 13 – January 19 (continued)

Goal
Achieved

Fri.	Today READ THE ROOM . Realize other people's emotions. Do not judge. Just be "present to each other".	<input type="checkbox"/>
Sat.	Eat 5 servings of real, crunchy, good for you VEGGIES . If it has more than one ingredient, it doesn't count.	<input type="checkbox"/>

Week #4: January 20 – January 26

Goal
Achieved

Sun.	Learn to be okay with being ALONE . Enjoy an hour of quiet time today with you!	<input type="checkbox"/>
Mon.	It may be tough for those carnivores out there but try to make today MEATLESS MONDAY! Salads are really tasty too! We promise!	<input type="checkbox"/>
Tue.	Today is NATIONAL HUG DAY! Hugs not only make us feel good, but they are proven to make us healthier and happier! So, give someone a big hug today!	<input type="checkbox"/>
Wed.	Today is JUMP day! Find a way to incorporate jumping into your exercise. Jumping jacks, skip rope, etc. Have you ever been to one of those trampoline parks!?	<input type="checkbox"/>
Thu.	RED DAY - have one red fruit or veggie at every meal today. An apple for breakfast? Some strawberries in your lunch salad? Maybe some tomato slices on your hamburger?	<input type="checkbox"/>
Fri.	Share the laughter. TELL A JOKE TODAY . Keep it clean for the workplace though!	<input type="checkbox"/>
Sat.	ORGANIZE your personal space - clean out your car, fridge, or junk drawer.	<input type="checkbox"/>

Week #5: January 27 – January 31

Goal
Achieved

Sun.	If you're HAPPY and you know it clap your hands! Today, think of 10 things that make you happy; 1 for each finger that you have.	<input type="checkbox"/>
Mon.	Strangers are just FRIENDS YOU HAVEN'T MET YET . Challenge yourself to engage in small talk today.	<input type="checkbox"/>
Tue.	Do some SQUATS today. Before you leave the house this morning, when you get home from work, and before you go to bed, see if you can do 10 squats.	<input type="checkbox"/>
Wed.	Lend a HELPING HAND . Be the extra hand today. Be the extra set of eyes on a project, help someone struggling on equipment at the gym, or carry someone's groceries for them.	<input type="checkbox"/>
Thu.	Today is BELL LET'S TALK DAY . 1 in 5 Canadians will suffer from mental health at some point in their lifetime. If you suspect that someone you know may be suffering, take a moment and ask, 'How can I help?'	<input type="checkbox"/>

Don't forget to share your journey with us!