





31 Acts of Wellness



Life moves fast, and healthy habits can slip. The 31 Acts of Wellness make it easy to stay energized, focused, and feeling great year-round. Complete one or more activities each day from four categories: Fitness, Nutrition, Well-Being, and Community and see how many you can conquer. Let's make wellness fun and part of each day!

 Fitness	 Nutrition	 Well-Being	 Community
Go for a morning or evening walk.	Eat two servings of fruit during your day.	Make a mini resolution for a specific healthy change this year.	Do something nice for a co-worker or friend.
Walk 20 minutes during your lunch or break.	Eat a balanced lunch containing a protein, whole grain, and a fruit or vegetable.	Practice deep breathing for one minute twice during your workday.	Brighten up your office or workspace.
Take a virtual fitness class online.	Eat a healthy snack in the midmorning and afternoon.	Rest your eyes from the computer screen by looking in the distance or closing them for 30 seconds every hour.	Donate to a community charity that has special meaning for you.
Stretch your shoulders, chest, and back at your desk twice during the workday.	Drink an additional glass of water during your day.	Share a positive news story when discussing current events with your co-workers.	Donate food to your local food bank.
Stand up from your desk and move once every hour.	Find a new recipe for a healthy treat and make it for yourself and/or your family.	Stop and enjoy the beautiful view out of your window.	Send a handwritten note to two people who have made a difference in your year.
Do 12 chair squats by standing up from your chair without using your arms for assistance.	Eat two servings of vegetables during your day.	Eat lunch away from your desk or workplace.	Clean or organize a shared workspace or staff break area.
Do at least 30 minutes of continuous cardio exercise.	Do not eat any sweets or desserts for 24 hours.	Wake up 15 minutes early & take time to relax before starting your workday.	Pay it forward. (e.g., buy coffee for the person behind you in line, compliment the first three people you talk to today, post inspirational notes around your neighborhood, office, school, etc.).
Ask a friend or co-worker to virtually join you in one of the above challenges.	Plan your meals for the week.	Put on a favorite upbeat song.	