**Custom Activity Ideas**

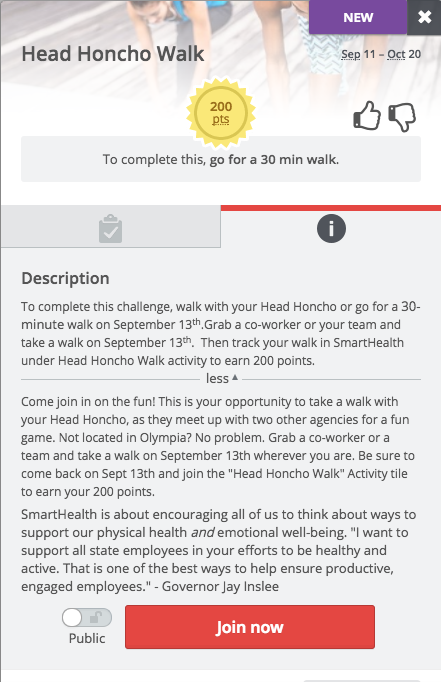
Here is a list of popular SmartHealth custom activities created by wellness coordinators. Instead of starting from scratch, use these to help create your next custom activity.

**Ready to build your own?**

Complete the [SmartHealth Custom Activity Request Form](https://www.hca.wa.gov/assets/program/smarth-custom-form.docx).

**What does a custom activity look like?**

They look the same as others. Here is a screenshot example:



**Custom Activity examples**

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| --- | --- | --- | --- |
| **Title** | **Wellness dimensions** | **Team challenge** | **Page** |
| [What is your Why](#_What_is_Your) | Positive Living, Self-Care, Feeling Energized, Growth | No | 3 |
| [Champions of Wellness](#_Champions_of_Wellness) | Resources and Support | Yes | 4 |
| [Secretary SmartHealth Challenge](#_Secretary’s_SmartHealth_Challenge) | Resources and Support | No | 5 |
| [Domestic Violence Awareness](#_Domestic_Violence_Awareness) | Concern for Others, Positive Living, Positive, Relationships, Resources & Support | No | 6 |
| [WSDOT Pacific Coast Trail](#_WSDOT_Pacific_Coast) | Exercise | No | 8 |
| [Head Honcho Walk](#_Head_Honcho_Walk) | Energy level, enjoying work, exercise and fitness, healthy weight, heart health | Yes | 10 |
| [Race to the beach](#_Race_to_the) | Belief in Organization, Exercise & Fitness, Feeling Energized, Fit with Culture, Growth | Yes | 11 |
| [100 Mile Olympia to Vancouver](#_100_Mile_Olympia) | Exercise, Feeling Energized | No | 13 |
| [Be Two Weeks Ready](#_Be_Two_Weeks) | Resources and Support | No | 14 |
| [Trek Washington](#_Trek_Washington) | Energy Level, Exercise & Fitness, Feeling Energized | Yes | 16 |
| [Genetics and Cholesterol](#_Genetics_and_Cholesterol) | Positive Self Care | No | 17 |
| [Check Change and Control: Get your Blood Pressure Checked](#_Check_Change_Control:) | Healthy Weight, Heart Health, Nutrition, Self-Care | No | 18 |
| [Eat Local](#_Eat_Local) | Healthy Blood Sugar, Healthy Weight, Heart Health, Nutrition | No | 19 |
| [Get Your Flu Shot](#_Get_Your_Flu) | Self-Care | No | 20 |
| [Healthy Potluck](#_Healthy_Potluck) | Nutrition, Feeling Energized | No | 21 |
| [Summer Fitness challenge](#_Summer_Fitness_Challenge) | Exercise, Feeling Energized | No | 22 |
| [Trails Challenge](#_Trails_Challenge) | Energy Level, Exercise & Fitness, Feeling Energized | No | 23 |
| [Walking Challenge](#_Walking_Challenge) | Energy Level, Exercise & Fitness, Feeling Energized | No | 24 |
| [Weight Watchers Challenge](#_Weight_Watchers_Challenge) | Nutrition, Feeling Energized, Growth | No | 25 |
| [Winter Wonderland](#_Winter_Wonderland) | Energy Level, Exercise & Fitness, Feeling Energized | No | 26 |

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| **Challenge Title** | **What is Your Why?** |
| Points | 100 |
| Tracking Details | N/A |
| Device-Enabled | No |
| Wellness Dimension | Appreciating Life, Belief in Your Abilities, Dream Job, Positive Living, Self-Leadership |
| Tile Image | C:\Users\huffa\AppData\Local\Microsoft\Windows\INetCache\Content.Word\WhatisyourWhy.png |
| Short Description | Develop a purpose statement by using the app or online tool http://www.dungbeetle.org form or through your own process. Submit your statement to: (insert contact information), dropping off between (insert date) and (insert date). |
| Long Description | All of our lives have meaning, but that meaning varies from person to person and some of us aren't even aware of what our purpose actually is. Draft your own purpose statement. A purpose statement simply captures an overriding theme that's already present in your life. It's a statement explaining the reason you exist, what’s most important in your life. Make it powerful and meaningful. Having a clear idea of your purpose in life keeps you motivated to achieve your goals, helps you find and maintain what makes you happy, and enables you to overcome some of life's challenges. |

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| **Challenge Title** | **Champions of Wellness** |
| Points | 275 |
| Tracking Details | Complete the wellbeing assessment and another activity suggested by your wellbeing assessment |
| Device-Enabled | No |
| Wellness Dimension | Resources and Support |
| Tile Image | C:\Users\huffa\AppData\Local\Microsoft\Windows\INetCache\Content.Word\champion of wellness.jpeg |
| Short Description | You, a peer agency of the Office of the Attorney General, are challenged to dethrone the AGO from its position of the agency with the highest rate of WBA completions, by participating in the WBA Contest.  Can your agency rise above the rest? |
| Long Description | The AGO believes that by the end of this challenge they will be the champions of wellness.  Don’t let the AGO rein as the best. To complete this challenge and prevent the AGO from being the champion of wellness; (1) Complete the Well-Being Assessment; and (2) Participate in at least one activity suggested in your top 3 things to improve based on your WBA results. Once you do, click, "I Did This" in SmartHealth and you will receive 275 points in addition to the 800 already earned for completing your WBA, and if your agency has the highest participation rate for this challenge they will receive a plaque to crown their greatness. |

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| **Challenge Title** | **Secretary’s SmartHealth Challenge** |
| Points | 275 |
| Tracking Details | Complete the wellbeing assessment and earn 2,000 points |
| Device-Enabled | No |
| Wellness Dimension | Resources and Support |
| Tile Image | C:\Users\huffa\AppData\Local\Microsoft\Windows\INetCache\Content.Word\SecretarysSHChallenge_logo.jpeg.jpg |
| Short Description | Complete your Well-being Assessment and earn 2,000 points to receive a $125 wellness incentive and to complete the Secretary’s challenge. |
| Long Description | Completing the Well-being Assessment will help you understand the many dimensions of well-being. It takes about 20 minutes to complete.  You will learn the areas of wellness where you have strengths and weakness.  Join activities to help you turn your weaknesses into strengths all while receiving points to reach your $125 wellness incentive.    For each of the 6 weeks of this challenge, 1 employee per week per region who participates in the challenge will receive a gift card. Of those 48 winners, 1 person will win a grand prize.       The region who has the highest percentage of employees who have reached 2,000 points receives a trophy. |

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| **Challenge Title** | **Domestic Violence Awareness** |
| Points | 75 |
| Tracking Details | One time. Complete three items in the activity |
| Device-Enabled | No |
| Wellness Dimension | Concern for Others, Positive Living, Positive, Relationships, Resources & Support |
| Tile Image | DV%20Awareness.png |
| Short Description | Intimate Partner Violence is widely recognized as a serious but preventable public health problem that affects millions of Americans. Throughout the month of October, help raise awareness and join efforts to end violence, or access help for yourself or a loved one.    To earn 75 points for this challenge, complete 3 of the actions listed below. |
| Long Description | There are many resources available to get help for yourself or a loved one who is impacted by domestic violence. There are also ways that all of us can help raise awareness and work together to end violence in our communities. **To earn 75 SmartHealth points, complete 3 of the action items listed below.  Once you have done this come back to the challenge and choose “I did this”.**   * Wear purple throughout the month and on October 19th for National **#purpleThursday** to help raise awareness for domestic violence. * Read EAP’s tip sheet “[Understanding Domestic Violence](http://des.wa.gov/sites/default/files/public/documents/More%20DOP%20Services/EAP/2015%20Tip%20Sheets/October2016Domesticviolence.pdf)”. * What are the signs and red flags of abuse? Get the facts from [The National Domestic Violence Hotline](http://www.thehotline.org/is-this-abuse/). * Contact your local agency to get more information on services in your county through the [Washington State Coalition Against Domestic Violence](https://wscadv.org/washington-domestic-violence-programs/). * Speak out against domestic violence. Talking with friends, family members, coworkers, and on social media can help to eliminate the stigma and shows your support. * Watch this short [video](https://www.youtube.com/watch?v=zv9alLJvi6w) from [nomore.org](https://nomore.org/) on domestic violence awareness. * Learn ways to help stop domestic violence by reading the EAP’s [domestic violence pamphlet](http://des.wa.gov/sites/default/files/public/documents/More%20DOP%20Services/EAP/Brochures%20and%20Posters/DVBrochure10-2016.pdf). * Get the facts on the impacts of domestic violence from [Futures without Violence](http://www.futureswithoutviolence.org/resources-events/get-the-facts/). * Watch this short [video](https://www.youtube.com/watch?v=pAY5mEuE6lQ) from [The National Domestic Violence Hotline](http://www.thehotline.org/).   **Contact your EAP**. If you or someone you know is experiencing domestic violence and need information or assistance, call your EAP for a confidential, no cost appointment. 1-877-313-4455.    *Subscriptions to receive EAP publications are now available for everyone through* *GovDelivery systems. After subscribing, feel free to forward the email publications to co-workers, supervisors, family, friends or anyone who could benefit from helpful information and tips on how to manage both work and personal life issues.*[*Click here*](http://des.wa.gov/services/HRPayroll/eap/Pages/subscribe.aspx)*to sign up today.* |

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| **Challenge Title** | **WSDOT Pacific Coast Trail (PCT)** |
| Points | 500 |
| Tracking Details | Walk the PCT Trail Virtually |
| Device-Enabled | Yes |
| Wellness Dimension | Exercise |
| Tile Image | C:\Users\huffa\AppData\Local\Microsoft\Windows\INetCache\Content.Word\New Picture.png |
| Short Description | This virtual challenge takes you up the Pacific Crest Trail. Exercise to travel ‘virtual miles’. Earn points for every mile you hike! See below for additional details on how to earn points, win prizes, and see where you are on the PCT! |
| Long Description | You’ll start at the Bridge of the Gods on the Columbia River and end at Monument 78 on the Canadian border. Use the excel file below to convert your activity to steps then miles - all while seeing where you are during your wellness journey on the PCT.   * Steps conversion tracker   Hike all 500 miles and make it the Canadian border to be eligible for one of two grand prize drawings. Everyone who participates and reaches the border to (complete 500 miles), will receive a prize! And, your name will be added to a drawing for one of two grand prizes.  Use the links below to see where you are on your journey. Remember, every mile you track on SmartHealth earns you SmartHealth points, e.g.: hike 25 miles, earn 25 points; hike 250 miles, earn 250 points; hike 500 miles, earn 500 points.   * Hike Begins! You’re at the Bridge of the Gods PCT Mile Post 2144 * 50 miles tracked – PCT Mile Post 2194 * 100 miles tracked – PCT Mile Post 2244 * 150 miles tracked – PCT Mile Post 2294 * 200 miles tracked – PCT Mile Post 2344 * 250 miles tracked – PCT Mile Post 2394 * 300 miles tracked – PCT Mile Post 2444 * 350 miles tracked – PCT Mile Post 2494 * 400 miles tracked – PCT Mile Post 2544 * 450 miles tracked – PCT Mile Post 2594 * 500 miles tracked – PCT Mile Post 2644 * Hike ends! You’re at Monument 78 – PCT Mile Post 2650 |

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| **Challenge Title** | **Head Honcho Walk** |
| Points | 200 |
| Tracking Details | One time Event, Walk for 30 minutes with your Head Honcho |
| Device-Enabled | No |
| Wellness Dimension | Energy level, enjoying work, exercise and fitness, healthy weight, heart health |
| Tile Image |  |
| Short Description | To complete this challenge, walk with your Head Honcho or go for a 30 minute walk on September 13th.  Grab a co-worker or your team and take a walk on September 13th. Then track your walk in SmartHealth under “Head Honcho Walk” activity to earn 200 points. |
| Long Description | Come join in on the fun! This is your opportunity to take a walk with your Head Honcho, as they meet up with two other agencies for a fun game. Not located in Olympia? No problem. Grab a co-worker or a team and take a walk on September 13th wherever you are. Be sure to come back on Sept 13th and join the "Head Honcho Walk" Activity tile to earn your 200 points.  SmartHealth is about encouraging all of us to think about ways to support our physical health *and* emotional well-being. "I want to support all state employees in your efforts to be healthy and active. That is one of the best ways to help ensure productive, engaged employees." - Governor Jay Inslee |

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| **Challenge Title** | **Race to the Beach** |
| Points | 100 |
| Tracking Details | One time. Exercise at least 262,000 steps |
| Device-Enabled | Yes |
| Wellness Dimension | Belief in Organization, Exercise & Fitness, Feeling Energized, Fit with Culture, Growth |
| Tile Image | **C:\Users\huffa\AppData\Local\Microsoft\Windows\INetCache\Content.Word\RacetotheBeach.jpeg** |
| Short Description | To complete this challenge, walk to Seaside, Oregon (that’s 262,000 steps!) before June 14. If you make it there, you will receive 250 SmartHealth Points. Make tracking even easier by connecting a device or free app. (and then you’ll receive 200 points for the ‘Connect Your Device’ Activity too!) |
| Long Description | DOH vs HCA! There is no better way to support your agency than to work as a team to win a competition! Dorothy Teeter, Director of the Health Care Authority has challenged John Wiesman, Secretary of Health for The Department of Health to a race to Seaside, Oregon. In this Race to the Beach, you will be challenged to walk 262,000 steps (that’s the equivalent of 131 miles – 1 mile equals approximately 2,000 steps), the distance from Olympia, WA to Seaside between May 15, 2015 and June 14, 2015. This equates to about 8,451 steps a day. It’s an ambitious goal, but you can do it! If you track 262,000 steps by June 14, 2015 you will receive 250 SmartHealth points!  BONUS POINTS CHALLENGE: At the end of the Activity, the agency with the highest average steps per participant will win the bonus points challenge. Each participant from the winning agency will earn an additional 100 SmartHealth points, which will be awarded on June 19, 2015. Keep track by viewing the agency leaderboard, which appears with the individual leaderboard.  Ways you can earn your daily steps:  Spring is here and the sun stays out later. Grab the dog, your spouse or a friend and go for an evening walk after dinner.  Have a meeting? Go for a walk instead of sitting in a conference room. Not only will you be more productive, but you will also be getting exercise.  Have an e-mail to send? If it can be communicated in person, walk over to your co-workers desk instead.  Obey the quarter-mile (or half mile) rule: If it is that far away or less, walk it.  Make time to go for a walk. Even if it is only for 15 minutes every 4 hours, your steps add up.  Challenge your co-workers. See who can reach Seaside first.  On your Mark……..Get Set……..Go!  Go Team HCA!  Go Team DOH!    \*The top 20 participants in this Activity will have their Sign In Name posted to the Activity Leaderboard! |

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| **Challenge Title** | **100 Mile Olympia to Vancouver** |
| Points | 200 |
| Tracking Details | Track by end date |
| Device-Enabled | Yes |
| Wellness Dimension | Exercise, Feeling Energized |
| Tile Image |  |
| Short Description | Join the Olympia to Vancouver 100 virtual mile challenge. Exercise to travel ‘virtual miles’ and make your way from Olympia to Vancouver. Make it to Vancouver by July 31, 2016 and **you’ll earn 200 points.** |
| Long Description | For this challenge travel from Olympia to Vancouver - 100 miles - by 7/31/2016. That’s just 7.7 miles per week! You can reach 100 miles by doing any type of exercise. Walk, run, hike, bike, swim, golf, stretch, ski, skate your way to Vancouver. Download the excel file below to track your exercise and convert them to miles and steps all while seeing where you are during your wellness journey to Vancouver.  Be sure to return to SmartHealth each week to track your steps. |

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| **Challenge Title** | **Be Two Weeks Ready** |
| Points | 200 |
| Tracking Details | One time event. Track by end date |
| Device-Enabled | No |
| Wellness Dimension | Resources and Support |
| Tile Image |  |
| Short Description | Being unprepared for a storm, a power outage, or a flood can lead to unnecessary stress. Instead of preparing after the storm has come (or being forced to stand in long lines during the evening of a big storm), take steps to prepare now. Plus, preparing for a storm can help you become Two Weeks Ready for when a big earthquake will eventually hit. |
| Long Description | Start with a simple “Go” kit in a backpack or briefcase that you can take with you. Add water, food, a can opener, a flashlight, personal hygiene items, tools, toilet paper, medications, warm clothes (and comfortable shoes), extra batteries, glasses, and a first aid kit. Make sure everyone in your family has a kit in case you need to evacuate. Make it light enough to carry. Don’t forget your pet – especially keeping extra food and water on hand. Take a picture of your pet and keep it handy in case he or she goes missing.  Tips for becoming Two Weeks Ready:   * Water is essential, plan to have at least one gallon per person per day. * If there’s a sale on peanut butter, beef jerky or bottled water, buy extra. Keep it in a cabinet and rotate through it on a regular basis always making sure that you have extra on hand. * Talk to your doctor about seeing if you can have an extra refill on a prescription so you can keep it in an emergency kit. Another option is to order your prescriptions a few days early every month, taking the extra two to three pills out for your emergency kit. * In case your computer goes out of commission, put your essential information on an encrypted thumb drive – such as birth certificates, photos, insurance information – and keep it handy. * Keep small bills and cash on hand in case power outages last an extended amount of time (and you do need to buy something). * Meet your neighbors and start talking.   Publications regarding preparing for emergencies are available at <https://www.mil.wa.gov/other-links/publications>.  Learn how to Drop, Cover & Hold On and sign up to practice your earthquake skills during the [Great Washington ShakeOut](http://shakeout.org/washington/) each year on the third Thursday in October. |

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| **Challenge Title** | **Trek Washington** |
| Points | 150 or 250 depending on level |
| Tracking Details | Track miles |
| Device-Enabled | Yes |
| Wellness Dimension | Energy level, exercise and fitness, feeling energized |
| Tile Image |  |
| Short Description | Join Marty Marmot in visiting all 39 counties in Washington State. As your miles add up, you’ll advance alphabetically through each county and learn about each one. |
| Long Description | Join the Washington County Challenge by virtually visiting all 39 counties in the state. You have your choice of the regular challenge, where you’ll accumulate 3 miles of activity between counties, or the overachiever version, where its 7 miles between counties. Your activities are converted to miles in the attached spreadsheet. Once you have converted your activity to miles visit SmartHealth to log them. Visit all 39 counties by September 30, 2017 and you'll earn 150 points for the standard challenge or 250 for the overachiever. Download the attached spreadsheet to get started. In the 1st column, insert the date of your activity. The 2nd column has a drop-down menu that lists nearly 100 different activities so hopefully this challenge is inclusive to everyone. After selecting an activity, go to the 3rd column to enter the number of minutes you did that activity. The spreadsheet will convert your activity into miles and steps. Every 3 or 7 miles entered will take you to a new county. You'll see the current county and county seat, along with a picture and some information on the county you’re visiting. |

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| **Challenge Title** | **Genetics and Cholesterol** |
| Points | 100 One-Time |
| Tracking Details | To complete this, watch the webinar |
| Device-Enabled | No |
| Wellness Dimension | Positive Self Care |
| Tile Image | gandcwebinar.jpg |
| Short Description | Watch the Familial Hypercholesterolemia webinar to learn more about the role genetics plays in high cholesterol. Have your cholesterol checked (within the last year) and enter it. |
| Long Description | Did you know that genetics can play a role in your cholesterol levels?  Cardiovascular Disease (CVD) is the leading cause of death in the United States. It is a progressive disease that can arise from genetic and environmental conditions, and can be prevented through early intervention including diet and exercise. It is estimated that one in every 250 individuals worldwide carry a genetic mutation that places them at significant risk for developing CVD, a condition known as Familial Hypercholesterolemia (FH). Estimated prevalence data suggests there are greater than 30 million individuals worldwide and more than 28,000 in Washington State alone at risk for CVD because of a genetic mutation, with fewer than 1% diagnosed. Getting your cholesterol checked is the first step in determining whether you should be concerned about FH in your family. Watch the webinar on Familial Hypercholesterolemia to learn more and get your cholesterol checked today! |

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| **Challenge Title** | **Check Change Control: Get Your Blood Pressure Checked** |
| Points | 200 |
| Tracking Details | N/A |
| Device-Enabled | No |
| Wellness Dimension | Healthy Weight, Heart Health, Nutrition, Self-Care |
| Tile Image | C:\Users\huffa\AppData\Local\Microsoft\Windows\INetCache\Content.Word\checkchange.jpg |
| Short Description | Get your blood pressure checked at least 4 times before (insert date) and help us to eliminate high blood pressure as a health disparity among Americans, and help achieve the goal of improving cardiovascular health by 20% while reducing cardiovascular mortality by 20% by 2020. (Source: AHA 2020 Impact Goal) |
| Long Description | The AHA/ASA launched the first phase of The High Blood Pressure program in August 2012, with a focus on top markets nationwide. As of June 2016, the program expanded to over 100 markets, 50,000 + participants enrolled, more than 163,000 blood pressure readings taken with an average drop in systolic BP of 11 mmHg.1 in 3 adults have high blood pressure. Of the patients that are aware and are being treated for high blood pressure, almost half are not at goal. High blood pressure, or hypertension, is an independent risk factor for heart disease and stroke, but even a 5 mmHg decrease in blood pressure can reduce mortality due to heart disease and stroke by 9% and 14% respectively (INTERSALT, Hypertension, 1991).Hypertension disproportionately affects the African- American community with over 45% of African-American males and 46% of African-American females affected by high blood pressure compared to a national rate of 33%. |

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| **Challenge Title** | **Eat Local** |
| Points | 100 |
| Tracking Details | N/A |
| Device-Enabled | No |
| Wellness Dimension | Healthy Blood Sugar, Healthy Weight, Heart Health, Nutrition |
| Tile Image | C:\Users\huffa\AppData\Local\Microsoft\Windows\INetCache\Content.Word\eatlocal.jpg |
| Short Description | Eat fresh and support your community! Visit a farmer's market or grocery store and buy produce grown in your community at least once. Produce grown in your own garden also counts. |
| Long Description | Did you know? In Community Supported Agriculture (CSA), customers buy "shares" directly from a farmer and receive deliveries of fresh produce throughout the season. Resources: <http://www.olympiafarmersmarket.com>  <http://www.farmerspal.com/organic-farms/csa-farms/region/thurston-county-washington>  Get the freshest seasonal fruits, vegetables, dairy through your local Community Supported Agriculture (CSA) groups. |

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| **Challenge Title** | **Get Your Flu Shot** |
| Points | 200 |
| Tracking Details | N/A |
| Device-Enabled | NO |
| Wellness Dimension | Concern for Others, Managing Stress & Anxiety, Positive Living, Resilience, Self-Care |
| Tile Image |  |
| Short Description | Fight the flu “get vaccinated! If you’re onsite at (insert organization), you can get your flu shot on (insert date) at the Flu Shot Clinic from (insert time) at (insert location). |
| Long Description | If you're unable to attend the Flu Shot Clinic, you can still earn SmartHealth points by getting a flu shot on your own. Flu vaccines are offered in many locations, including doctors’ offices, clinics, health departments, pharmacies, college health centers, and even in some schools. This http://vaccine.healthmap.org Vaccine Locator is a useful tool for finding a vaccine provider in your area. Did you know? You can spread the flu up to a day before even feeling symptoms, and for 5 to 7 days after. Resources  http://www.cdc.gov/flu/keyfacts.htm http://www.cdc.gov/flu/protect/keyfacts.htm |

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| **Challenge Title** | **Healthy Potluck** |
| Points | 10 |
| Tracking Details | N/A |
| Device-Enabled | No |
| Wellness Dimension | Nutrition, Healthy Weight |
| Tile Image |  |
| Short Description | Attend the healthy potluck during (insert event details) to kick off the (insert time of year i.e. New Year or Fall quarter), mingle with your peers, and enjoy the delicious and healthy burrito bar. |
| Long Description | Attendees are encouraged to bring a healthy item to the potluck. Contact (insert contact information) to sign up to bring something! You are still welcome to attend even if you aren’t able to bring a dish. For questions on this activity, contact (insert contact information). |

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| **Challenge Title** | **Summer Fitness Challenge** |
| Points | 300 |
| Tracking Details | N/A |
| Device-Enabled | No |
| Wellness Dimension | Energy Level, Exercise & Fitness, Feeling Energized, Heart Health, Positive Living |
| Tile Image | **C:\Users\huffa\AppData\Local\Microsoft\Windows\INetCache\Content.Word\WholeUSummerFitness.png** |
| Short Description | Summer is too short. Make the most of it with The Summer of Fun Challenge. This eight-week program will have you moving more, eating better, and trying new things |
| Long Description | You can take part on your own, pick a partner, or form a team. (Your partner or teammates can be anyone you want to workout with: colleagues, friends, or family members.) You can still participate and claim your SmartHealth points! The 2015 Summer of Fun Challenge Checklist includes:   Try 3 new activities in 8 weeks. Fit in 30 minutes of exercise 5 times a week (can be either intermittent bouts of 10 minutes or a full 30 minutes). Get in the daily recommended servings of fruits and veggies (fill half the plate) at least 24 times in 8 weeks. Take the stairs instead of the elevator whenever possible. Perform the time-1 and time-2 fitness test: 1 mile (as fast as possible (walk or run), push-ups (as many as possible without rest (modified or regular), squats (as many as possible without rest). |

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| **Challenge Title** | **Trails Challenge** |
| Points | 100 |
| Tracking Details | N/A |
| Device-Enabled | No |
| Wellness Dimension | Energy Level, Exercise & Fitness, Feeling Energized |
| Tile Image | C:\Users\huffa\AppData\Local\Microsoft\Windows\INetCache\Content.Word\TrailsChallenge.png |
| Short Description | Hike all (insert number) trails listed on (insert information on trails). Hike at least (insert number to earn 100 points). Complete all (insert number) to be entered to win a prize. |
| Long Description | Get outside and enjoy the sunshine with your family! We challenge you to complete all (insert number) hikes this summer! Make sure you take a photo at each hike to show that you completed it. Send your photos to (insert contact information). All employees that complete the (insert number) trails will be entered to win a drawing after the challenge is over.  For questions on this Activity, contact (insert contact information). |

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| **Challenge Title** | **Walking Challenge** |
| Points | 50 |
| Tracking Details | A steps tracker (a wearable or a free smartphone app) counts all your steps for you, including the everyday steps you take. |
| Device-Enabled | Yes |
| Wellness Dimension | Exercise & Fitness, Healthy Weight, Heart Health |
| Tile Image | C:\Users\huffa\AppData\Local\Microsoft\Windows\INetCache\Content.Word\walkingchallenge.jpg |
| Short Description | Though walking 10,000 steps every day is recommended, get started with 40,000 a week for this Activity. Take a stroll during your break, have a walking meeting, or go hiking this weekend to get your steps for the week! Walking 2,000 steps is about a mile. |
| Long Description | A steps tracker (a wearable or a free smartphone app) counts all your steps for you, including the everyday steps you take! The top 20 participants in this Activity will have their Sign In Name posted to the Activity Leaderboard! |

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| **Challenge Title** | **Weight Watchers Challenge** |
| Points | 25 |
| Tracking Details | N/A |
| Device-Enabled | No |
| Wellness Dimension | Healthy Blood Sugar, Healthy Weight |
| Tile Image | C:\Users\huffa\AppData\Local\Microsoft\Windows\INetCache\Content.Word\weightwatchers.jpg |
| Short Description | Become part of the (insert organization) Weight Watchers Group - Supportive Lifestyle Changes! |
| Long Description | Come check it out! Weight Watchers Beyond the Scale program delivers their most holistic and personalized approach ever - so you can eat healthier, move more, live happier AND lose weight. Learn about our new program that shows you many different ways to measure success with a supportive group of co-workers. Change is in sight when you go beyond the scale. Our Weight Watchers meetings are held on (insert date, time, and location). |

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| **Challenge Title** | **Winter Wonderland** |
| Points | 25 |
| Tracking Details | N/A |
| Device-Enabled | No |
| Wellness Dimension | Appreciating Life, Energy Level, Exercise & Fitness, Feeling Energized, Managing Depression |
| Tile Image | C:\Users\huffa\AppData\Local\Microsoft\Windows\INetCache\Content.Word\WinterWonderland (1).png |
| Short Description | Don't let cold or snowy weather keep you cooped up this winter. Get outside and enjoy the winter wonderland at least one time every week! |
| Long Description | Winter Wonderland Ideas: Hike local trails or parks. You might have the place to yourself! Go skiing, sledding, ice-skating, or snow-shoeing. Grab a friend and explore your city on foot. Make a snow angel or have a snowball fight. Did you know? Looking for an adrenaline rush? The average speed for recreational downhill skiers is 27 mph. Wear your helmet! |