



EAT, LIVE, AND BE HEALTHY WELLNESS CHALLENGE TOOLKIT

**CREATED BY
THE CHRONIC DISEASE ACTION TEAM
OF THE
HEALTHY ST. MARY'S PARTNERSHIP**



INTRODUCTION

Looking for a fun and exciting way to put an emphasis on wellness in your workplace or organization? Look no further!

The Eat, Live, and Be Healthy Wellness Challenge Toolkit is here to provide you with all of the tools to host a successful wellness challenge. Whether you choose to host a full year's worth of monthly challenges or pick and choose certain months - this toolkit was made for you!

With this toolkit, you'll have everything you need to kickstart a wellness challenge in your workplace or organization! This toolkit includes:

- 12 Monthly Wellness Challenges
- Graphics to advertise the challenges
- Personalizable newsletters for each challenge
- Additional Resources
- Prize Ideas

HOW TO USE THE TOOLKIT



Personalize It

Use the tools provided to really make the Eat, Live, and Be Healthy Wellness Challenge right for you and your organization! You can:

- Move the challenges around
- Choose to implement only a few months out of the year
- Personalize the newsletter with your own resources and challenge completion log

For Challenge Completion Log examples and additional resources check out healthystmarys.com/eatlivebehealthy or email us at stmaryspartnership@gmail.com

Editing Newsletter Templates

The newsletters linked in this toolkit are templates on Canva. To use these template you will need to create a free account on Canva. You can create your free account at <https://www.canva.com/signup>. Once you have created an account you will be able to personalize the template for your own challenge. You can change the base text if necessary, link to new resources and videos, and add your own challenge completion log. To learn more about using Canva templates visit <https://www.canva.com/help/use-templates/>.



CHALLENGES

Set a SMART wellness goal for yourself

Goal: Set one goal for yourself that is Specific, Measurable, Attainable, Realistic, Trackable

- [Newsletter](#)
- [Banner Image](#)
- Resources:
 - [My Action Plan Toolkit](#)
 - [SMART Goal Worksheet](#)
 - [Setting SMART Goals for Success](#)



Track and increase your physical activity minutes

GOAL: Work toward 150 minutes per week

- [Newsletter](#)
- [Banner Image](#)
- Resources:
 - [How to Ease Back into Exercise Safely After a Long Break](#)
 - [Activity Log: Find Your Starting Point](#)
 - [Weekly Exercise and Physical Activity Plan](#)
 - [Activity Log: Monthly Progress Test](#)
 - [5-Week Workout Plan for Beginners](#)

Track your nutrition

GOAL: Become more aware of what and when you eat

- [Newsletter](#)
- [Banner Image](#)
- Resources:
 - [Loselt! Weight Loss That Fits](#)
 - [Start Simple with MyPlate App](#)
 - [Spark People Calorie Counter](#)
 - [MyFitnessPal](#)
 - [What's On Your Plate Quiz](#)
 - [Start Simple with My Plate](#)
 - [Printable Food Log](#)
 - [Nutritional Eating on a budget](#)



CHALLENGES

Keep a record of when you go to bed, when you get up, and how well you slept
GOAL: Improve sleep habits & wake feeling rested

- [Newsletter](#)
- [Banner Image](#)
- Resources:
 - [What is Healthy Sleep?](#)
 - [Are You Getting Enough Sleep?](#)
 - [4 Week Sleep Challenge](#)
 - [Healthy Sleep Habits](#)



Track and increase breaks you take to stretch and move throughout the day

GOAL: Sit no more than an hour without a break

- [Newsletter](#)
- [Banner Image](#)
- Resources:
 - [Physical Activity Breaks for the Workplace](#)
 - [Exercise Examples and Videos](#)
 - [30 Exercises to Do at Your Desk](#)
 - [24 Ways to Incorporate More Movement Into Your Day](#)



Track & increase the number of fruits and vegetables you eat each day

GOAL: Eat at least 5 servings per day

- [Newsletter](#)
- [Banner Image](#)
- Resources:
 - [MyPlate Kitchen Recipes with Fruits and Vegetables](#)
 - [So. Maryland, So Good: Buy Local Guide](#)
 - [Maryland Fruit and Vegetable Seasonality Charts](#)
 - [Buy Local Challenge](#)
 - [Top 10 Reasons to Eat More Fruits and Vegetables](#)



CHALLENGES

Track & increase how much water you drink

GOAL: Improve hydration & cut back on sugar sweetened beverages.

- [Newsletter](#)
- [Banner Image](#)
- Resources:
 - [Printable Water Tracker](#)
 - [Infused Water Recipes](#)
 - [Health Benefits of Water](#)
 - [Tips for drinking more water](#)



Track and reduce your daily screen time

GOAL: Cut weekly screen time by 25% or more

- [Newsletter](#)
- [Banner Image](#)
- Resources:
 - [Printable Screen Time Tracker](#)
 - [How to Reduce Screen Time in the Digital Age](#)
 - [8 Tips to Reduce Screen Time for Adults](#)
 - [9 Practical Ways To Cut Down On Your Screen Time Every Day](#)



Track strength training included in your week

GOAL: Increase total minutes or the weight used as you get stronger

- [Newsletter](#)
- [Banner Image](#)
- Resources:
 - [4-Week Progressive Bodyweight Workout Guide](#)
 - [Weight training: Do's and don'ts of proper technique](#)
 - [A Beginner's Guide to Weight Training](#)
 - [Strength training: Get stronger, leaner, healthier](#)
 - [5 Benefits of Strength Training](#)



CHALLENGES

Track and increase your daily step count

GOAL: Works towards 10,000 steps/day

- [Newsletter](#)
- [Banner Image](#)
- Resources:
 - [10 Walking Ideas to Increase Your Step Count](#)
 - [8 Ways to Increase Your Daily Step Count](#)
 - [Your 14-Day Plan to Walk More Steps](#)
 - [5 surprising benefits of walking](#)
 - [12 Benefits of Walking](#)



“Maintain Don’t Gain” over the holidays

GOAL: Avoid unwanted holiday weight gain

- [Newsletter](#)
- [Banner Image](#)
- Resources:
 - [Healthier Holidays in 1 – 2 – 3!](#)
 - [Maintain, Don't Gain! Healthful Holiday Eating Tips](#)
 - [Maintain Don't Gain weight management weight tracking tool](#)

Make time for self care

GOAL: Manage stress & avoid burnout

- [Newsletter](#)
- [Banner Image](#)
- Resources:
 - [How and Why to Practice Self-Care](#)
 - [50 Self-Care Ideas for a Bad Day](#)
 - [6 Ways to Weave Self-Care into Your Workday](#)



ADDITIONAL RESOURCES

- [More to Explore](#)
- [St. Mary's County Physical Activity Map](#)
- [Healthy Meeting Toolkit](#)
- [St. Mary's County Neighborhood Walking Maps](#)
- [Walk SMC](#)
- [MyPlate Tools](#)
- [Myths about Nutrition & Physical Activity](#)
- [American Diabetes Association Recipes](#)
- [American Heart Association Recipes](#)
- [Maryland SNAP-Ed Recipes](#)

PRIZE SUGGESTIONS

- Fitness equipment
- Pass to a gym or fitness center
- Grocery store gift card
- 1:1 nutritionist session
- Massage gift card
- Extra paid day off

HEALTHY ST. MARY'S PARTNERSHIP

The Healthy St. Mary's Partnership (HSMP) is a community-driven coalition of partners working together to improve health in St. Mary's County, Maryland. The coalition mobilizes members through four action teams to address the priority health issues in St. Mary's: Behavioral Health, Chronic Disease Prevention, Environmental Health, and Violence, Injury, and Trauma. Joining the Healthy St. Mary's Partnership is free and all interested organizations and community members are welcome!

Learn more and join HSMP [here](#)!

If you have any questions about this toolkit, please feel free to reach out to us at stmaryspartnership@gmail.com.

HEALTHIEST MARYLAND BUSINESSES

Healthiest Maryland Businesses is a collaborative of Maryland businesses with a shared mission of improving health through worksite wellness efforts. Participating businesses are referred to accredited work site wellness resources, receive education and assistance, and are recognized for their commitment to improving the health of their workforce. This statewide movement works to build and promote a culture of wellness in the workplace – fostering an environment that makes the healthiest choice the easiest choice. The Healthiest Maryland movement aims to engage leaders to commit to maximizing Marylanders' well-being by implementing a comprehensive, coordinated strategy to promote health where Marylanders work, live, and learn.

Learn more and join Healthiest Maryland Businesses [here](#).