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| **Wellness Challenge Point Key****Questions? Email Megan.Valerio@seattlecolleges.edu** |
| **Environmental Wellness** |
| **Activity** | **Points** | **Comments** |
| Volunteering | 2 points per hour | Any volunteer activity benefiting others (excluding on-campus committee work) |
| Recycle | 1 point per day | Recycle paper, plastic, and glass on a regular basis when possible throughout the day |
| Compost | 1 point per day | Use a compost receptacle for all food waste |
| Cleaning | 1 point per 30 minutes | Clean your room, organize a closet, vacuum your house or any other chore. A clean room is a clear mind. |
| **Mental/Emotional Wellness** |
| Stress Management/Mindfulness Practice | 1 point per session (1 pt/day max) | * 10 minutes per session minimum
* Examples: meditation, yoga, tai chi, breathing techniques like [Wim Hof breathing](https://www.youtube.com/watch?v=0BNejY1e9ik), [NSDR](https://www.youtube.com/watch?v=AKGrmY8OSHM&t=35s), [progressive muscle relaxation](https://www.youtube.com/watch?v=5q3K-6HvQIk)
* Try one of these great meditation apps:
	+ Balance – personalizes courses based on your responses to daily questions
	+ Headspace- great beginner course and more content with paid subscription
	+ Insight Timer- amazing free app with huge database of meditations, yoga lessons, and more
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| Journaling | 1 point per day | Reflect on your day, stream of consciousness writing |
| Gratitude Practice | 1 point per day | Create a daily list of at least 3 things you are grateful for |
| Creativity Practice | 1 point per hour\*10 point BONUS available | Engage in creative hobbies like painting, sculpture, poetry or short story writing, drawing, making music, choreography/dancing, etc.BONUS: if creations related to health and wellness are submitted at the end of the competition, 10 bonus points are earned |
| Read a book for 30 minutes | 1 point per day | Can read fiction or non-fiction but must be unrelated to work/school |
| Participate in a TLC offering or other campus workshop | 1 point per session | * Any TLC offering/campus workshop will earn a point
* 1 point per day max
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| Take a class | 1 point per class period | * Any educational class: for-credit, community, continuing education
* 1 point per day max
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| **Physical Wellness - Nutrition** |
| Consume 64 oz of water per day | 1 point per day | Stay hydrated! |
| Consume five servings of fruits and vegetables per day | 2 points per day | One serving = ½ cup chopped vegetables, one whole large fruit, ½ cup sliced/chopped fruit or berries, one cup greens or salad |
| No more than two caffeine servings per day | 1 point per day | Includes coffee, tea, soda, energy drinks, etc. |
| Low sugar diet daily (less than 50 grams total) | 1 point per day | Avoid added sugars and pay attention to serving sizes when checking nutrition labels for sugar |
| Consume at least 3 additional sources of fiber per day | 1 point per day | Examples: legumes, whole grains, seeds, nuts* Approximately ¼ cup of nuts/seeds = 1 serving
* Approximately ½ cup of legumes = 1 serving
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| **Physical Wellness - Fitness** |
| Aerobic physical activity | 2 points per day | * Minimum 30 minutes of aerobic activity (cardiorespiratory endurance exercise that raises your heart rate)
* Examples include: running, walking, hiking, swimming, cycling, and dancing
* Max 10 points per week
* [Find AHA guidelines here](https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults)
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| Resistance training | 2 points per day | * Minimum of 30 minutes of strength training
* Max 8 points per week
* Work all major muscle groups over the course of the week: legs, core, back, chest, shoulders, arms
* [Find AHA guidelines here](https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults)
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| Flexibility/Mobility training | 2 points per day | * Stretch all major muscle groups
* Dynamic or static stretching
* Minimum 10 minutes
* Max of 8 points per week
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| Take a drop-in class at the Wellness Center | 3 points per class | * Try Pilates, Restorative Reiki Yoga, Weight Lab, SHiNE Dance Fitness, Zumba, or Cardio Strength and Conditioning
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| Check-in at the Wellness Center | 1 point per day | * Must spend a minimum of 20 minutes at the Center to earn points
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| **Personal Responsibility** |
| Get blood pressure checked | 1 point | Max of 2 points: once within first two weeks of challenge, once within last wo weeks of challenge |
| Get cholesterol checked | 1 point | Max of 2 points: once within first two weeks of challenge, once within last wo weeks of challenge |
| Get blood sugar checked | 1 point | Max of 2 points: once within first two weeks of challenge, once within last wo weeks of challenge |
| Quit smoking | 2 points per day without tobacco | Only applies to smokers |
| No use of tobacco | 1 point per day | Applies to non-smokers |
| Sleeping at least 7 hours per day | 1 point per day | Try to go to bed and wake up at the same time every day if possible |
| Brush and floss daily | 1 point per day | ½ point for each per day |
| Wear seatbelt every time in moving vehicle | 1 point per day | You can earn the point as a driver or passenger |
| No cell phone use while driving OR only using hands-free device while driving | 1 point per day | No texting or using cell phone with hands at all while driving; hands free devices like Bluetooth permitted |
| Wash hands with soap regularly | 1 point per day | Wash with soap for a minimum of 20 seconds after using the bathrooms, before cooking/eating, and after being outside |
| **Social Wellness** |
| Socialize | 1 point per half hour | * In-person with at least one other individual
* 1 point per day max
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| Attend a campus event | 1 point  | * Attend any NSC campus event and socialize with at least one other person
* 1 point per day max
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| Bring healthy snacks to your department/area/team/class | 2 points per day | Max of twice per week |