Fall 2017 Wellness Challenge Checklist

Wellness is more than physical fitness. There are actually eight dimensions of wellness that work together to support your mind, body and spirit. Learn more about VCU’s RamStrong wellness initiative by participating in the following activities. **Participate in at least 16 activities and bring your completed checklist to the RamStrong Wellness Challenge Celebration on December 6 at the Cary Street Gym to be entered into a drawing for prizes.**

### VCU sponsored activities

#### Week of September 11
- __9/12__ Weight Watchers (MPC and MCV)
- __9/13__ How to Read Your Credit Report
- __9/14__ Open House Cary Street Gym
- __9/15__ Open House MCV Campus Recreation Center

#### Week of September 18
- __9/18__ Chair Yoga
- __9/19__ Monroe Park Campus Walk
- __9/19__ Weight Watchers, MPC and MCV
- __9/20__ Are you Ready to Buy a Home?
- __9/21__ Home Selling

#### Week of September 25
- __9/25__ Chair Yoga
- __9/26__ Weight Watchers (MPC and MCV)
- __9/27__ Be Active for a Healthy Life
- __9/28__ Make the Most of Your Retirement Savings

#### Week of October 2
- __10/2__ Chair Yoga
- __10/3__ Weight Watchers (MPC and MCV)

#### Week of October 9
- __10/10__ Flu Shot Clinics, MCV
- __10/10__ Weight Watchers (MPC and MCV)

#### Week of October 16
- __10/16__ Chair Yoga
- __10/17__ Weight Watchers (MPC and MCV)
- __10/18__ Your Credit Score
- __10/19__ Aetna EAP Overview (COVA HealthAware)
- __10/19__ Flu Shot Clinics, MPC
- __10/19__ Women and Money

#### Week of October 23
- __10/24__ Holiday Budgeting
- __10/24__ Weight Watchers (MPC and MCV)
- __10/25__ Flu Shot Clinics, MCV
- __10/26__ Preserving Your Savings for Future Generations

#### Week of October 30
- __10/30__ Chair Yoga
- __10/31__ Flu Shot Clinics, MPC
- __10/31__ Weight Watchers (MPC and MCV)
- __11/1__ Anthem EAP Overview (COVA and COVA HDHP)

#### Week of November 6
- __11/6__ Chair Yoga
- __11/7__ How to Speak to Your Physician
- __11/7__ Weight Watchers (MPC and MCV)

#### Week of November 13
- __11/14__ Weight Watchers (MPC and MCV)
- __11/16__ IdentifyTheft

#### Week of November 20
- __11/20__ Chair Yoga
- __11/21__ Weight Watchers (MPC and MCV)

#### Week of November 27
- __11/28__ Weight Watchers (MPC and MCV)

#### Week of December 4
- __12/4__ Chair Yoga
- __12/5__ Holiday Survival Guide
- __12/6__ RamStrong Wellness Challenge Celebration

**Event details at ramstrong.vcu.edu**

RamStrong is a collaborative wellness resource for VCU faculty, staff and students.

See page two for a checklist of activities you can do on your own. These activities count too!

The Wellness Challenge is cosponsored by VCU Human Resources and VCU Recreational Sports. Visit [ramstrong.vcu.edu](http://ramstrong.vcu.edu).
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On your own activities

Physical Wellness
- Attend a group exercise class
- Take a walk during lunch
- Use the www.choosemyplate.gov guide to plan a menu
- Commit to a smoking cessation program
- Participate in Meatless Monday
- Take the stairs instead of the elevator
- Choose your own healthy habit in this category

Environmental Wellness
- Volunteer at an organization
- Bike or walk instead of driving
- Begin Recycling
- Use a re-useable water bottle, mug, or grocery bag
- Visit a farmer’s market
- Use water wisely
- Choose your own healthy habit in this category

Emotional + Spiritual Wellness
- Start a journal
- Engage in positive self-talk
- Remember to laugh
- Practice being mindful
- Learn and grow from experiences
- Seek or accept help from others when needed
- Choose your own healthy habit in this category

Intellectual Wellness
- Read a new book
- Learn a new language
- Play brain games
- Challenge yourself by trying something new
- Attend a lecture or watch an educational show
- Visit a museum
- Choose your own healthy habit in this category

Financial Wellness
- Create a budget
- Know Your Credit Score
- Automate your savings
- Identify wants versus needs
- Avoid impulse buys
- Use strong passwords to protect financial information
- Choose your own healthy habit in this category

Social Wellness
- Join a club or sports team
- Talk with someone new at work
- Turn off your phone at lunch or dinner
- Go to lunch with a new colleague
- Call a far-away friend or family member
- Look for similarities rather than differences
- Choose your own healthy habit in this category

Occupational Wellness
- Create a balance between work and leisure
- Declutter your workplace
- Participate in a training session on campus
- Practice open communication with your colleagues
- Set mini goals to help you achieve your goals
- Use time management techniques to reduce stress
- Choose your own healthy habit in this category

Name: ____________________________________________

Department: ________________________________

Phone/Email: ________________________________

Bring this completed form to the Wellness Challenge Celebration on December 6 to be entered to win prizes.

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