Wellness Grant Feature of the Month: Finance, Operations and Administration Communications Office

Wellness Ambassador: Brei Thompson

The Finance, Operations and Administration Communications Office used the Wellness Mini Grant to create a series of monthly wellness challenges, which started in June. Each monthly challenge asks participants to track one healthy habit to see if small lifestyle changes can result in a positive difference in their lives. Participation in the monthly challenges are incentivized by monthly drawings where one participant will win a $50 gift card to Amazon, Target, Walmart, or Lowe’s. For each week, participants record their results via an online survey, they receive one entry into the monthly drawing. Here’s a look at a couple of the monthly challenges and outcomes:

June: The Water Challenge

Participants were asked to track their water intake in ounces and report their daily average each week. Of the 25 people in the office, 17 participated. Throughout the month, the overall average water intake improved from 60 ounces at week 1 to 74 ounces at week 4! Participants reported they felt less hungry between meals, had clearer skin, and felt better during workout sessions.

July: Healthy Swap

The healthy swap challenge encouraged participants to make one healthy change in their lifestyle each week. This could be anything from taking the stairs instead of an escalator, reading a book instead of watching TV before bed, replacing butter with olive oil, or even switching up exercises to get more variety. 17 people also participated in this challenge. Here’s a look at a few healthy swaps participants made: “I worked on crossword puzzles instead of watching TV,” “I focused on the future instead of dwelling on the past,” and “I made a conscious choice to say sorry to my partner right after a disagreement, instead of having the usual emotional standoff.”

The Finance, Operations and Administration Communications Office has received nothing but positive feedback about these monthly challenges from their employees! Participants have been appreciative for the opportunity to step back and examine different aspects of their own health and make positive changes. Their Wellness Ambassador is expecting to continue these monthly challenges through May 2019. Tentative themes for each month’s challenge are already in the works!

August: The Sleep Challenge
September: Daily Stretching
October: The Flossing Challenge
November: Daily Gratitude
December: Fruits & Veggie Challenge

January: Exercise Challenge
February: Bring Lunch to Work
March: Get Outdoors
April: Daily Meditation
May: Screen(less) Time