



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

GREATER WICHITA YMCA

# WELLNESS WORKS

## 2020 Challenge Calendar

Covering everything from fitness and nutrition to emotional wellness, and more, there's something for everyone! Our challenges focus on positive habit formation, trying new things, and developing a sense of purpose. Taking small steps will support employees to make lasting improvements at home and at work! We believe a healthy team leads to better company culture, a better bottom line, and a stronger community. Your company could even win and have your name engraved on the traveling YMCA Corporate Wellness trophy.

### YMCA challenge support includes:

- Promotional challenge flyers, challenge tracking sheets, and online participant reporting
- Weekly eblasts with additional tips and resources for participants that register for the challenge
- Suggested activities for your worksite, designed to supplement the challenge and engage employees for lasting change

### OPEN HEART, HELPING HANDS

**FEB. 3 – 23:** A healthy heart isn't only about knowing your numbers, eating right, and getting exercise. Giving of your time, talent and treasure is also good for your heart. Use this month to get a jump on a year of giving back and doing small acts of service to benefit your emotional, physical and social well-being.

### FIRM FOUNDATION

**APR. 6 – 26:** Strong may look and feel different to each individual but being strong allows you to accomplish daily tasks with energy and stamina, not to mention graceful aging. Build on your physical foundation by including strength training in your daily routine.

### KNOW YOUR H<sub>2</sub>O

**JUN 1 – 21:** Your reason for drinking water may be different but the fact remains, we all need it. Water increases energy and metabolism, enhances skin appearance, helps digestion, and reduces joint aches and pains. Sugar, on the other hand, may do the opposite. Take the double challenge to get hydrated and avoid sweetened beverages.



### POWER DOWN

**AUG. 3 – 23:** Technology use late at night impairs your sleep cycles. Sleep cycles impact our hormones, which determine our appetite, stress level, muscle repair, and MORE. Power down without technology at night to improve your energy and well-being in the days that follow.

### KITCHEN CLOSED

**OCT. 5 – 25:** If your kitchen had a closing time, you may eliminate unnecessary, late night calories. This practice supports healthy digestion before sleeping, but also reduces overall calorie intake of less than nutritious choices. Clean the kitchen, turn off the lights, and hang up your "CLOSED" sign for the evening.

### JINGLE ALL THE WEIGH

**NOV. 25 – JAN. 8, 2021:** This holiday season, the only thing that should be "stuffed" is the turkey! The average American gains 1 to 5 pounds during the holidays and most never lose those extra pounds. This year, maintain or lose weight over the holidays by being mindful of your food, activity and stress.

### CHALLENGE RATES:

**YMCA Corporate Membership Partners:**  
\$150 per Challenge or Purchase the Full Challenge Package for Only \$600 (Buy 4, Get 2 Free)

### Community Partners:

\$250 per Challenge or Purchase the Full Challenge Package for Only \$1250 (Buy 5, Get 1 Free)

### REGISTER YOUR COMPANY TODAY!

Contact Holly Hajjaj at [holly.hajjaj@ymcawichita.org](mailto:holly.hajjaj@ymcawichita.org) or 316.776.8179



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