

WELLNESS – GET IN THE GAME

**GAME!
ON!**

Getting in the Game is easy!

Just cross off your accomplishments as you work your way through the “Game Board”.

Each time you complete a task, track it by emailing isd200wellness@hastings.k12.mn.us the **NUMBER** on the corresponding Wellness Game Tile and you will receive a “Game Piece” to pin on your lanyard.

At the end of the year a drawing for prizes will be held for those who have completed & **tracked** 9 or more tasks.

Most of the tasks can be done at your own pace but some require registration. Don't Miss Out –

Get In the Game!



1. Have a mammogram or remind a friend to do it!

2. Get your Flu Shot

3. Sign-Up For Maintain Don't Gain – 25 Days of Fitness Challenge

4. Give Blood

10. Add an additional Green Vegetable to your diet for 1 week.

5. Drink 8 glasses of water Every day for 1 week (7 days)

11. Take a 10 minute walk everyday For 1 week.

9. Track your sleep for 2 weeks and try to improve!

6. Sign-Up For the Dine, Dish & Dash

12. February 2nd Wear Red for National Wear Red Day!

8. Get Your Blood Pressure Checked

7. Invite someone new to Lunch, Coffee, Happy Hour,

13. Try Meditation every day for 1 week.

14. Practice “Meatless Monday” 4 times during the year.

15. Sign-Up for the 15 Minutes of Fitness on May 4th

Finish Line

