



# CHALLENGE YOURSELF



## 2018 Challenge Calendar

3-week challenges are the perfect amount of time to form new, healthier habits. The YMCA Corporate Wellness challenges are designed to assist employees in taking small steps toward each area of wellness—Financial, Physical Activity, Nutrition, Emotional, Medical and Social. Taking small steps will allow employees to improve their overall wellness goals and develop new, lasting lifestyle improvements at home and at work!

The Y will provide a promotional flyer, tracking sheet, and an individual online reporting option. Participants will register on the challenge website to receive weekly challenge tips that may provide motivation and support for lasting behavior change. At the end of each challenge, participants will submit their results on the same challenge website. For each of these challenges, area companies will compete against each other to win the YMCA Traveling Corporate Trophy! The name of the winning company will be engraved on the trophy and displayed at the company worksite. Companies are encouraged to promote competition internally amongst employees, departments or other small groups as well.

### February 5-25: Go For Gold

Healthy spending habits will help you develop a sense of security and reduce stress. Move from financial training to the podium of stability by completing various tasks. Aiming for gold will leave you with a better sense of spending and saving.

### April 2-22: DIS/RE CONNECT

Constantly being plugged in could be leaving you more disconnected than ever before. Take 60 minutes each day to intentionally disconnect from technology and plug into better relationships, forgotten hobbies, and new experiences.

### June 4-24: Set Your Pace – Find Your Place

New to exercise or stuck in a rut? This challenge will have something new for you to try. Challenge your physical activity with a variety of options to be done at home, work, or the gym. And don't forget to grab an exercise buddy!

### August 6-26: Take the Wheel

Be in the driver's seat with your health. Balance your wellness wheel by marking off activities in all 6 areas—activity, nutrition, medical care, financial, social and emotional—of the wellness wheel/.

### October 1-21: Harvest for Healing

Pumpkins aren't just good for jack-o-lanterns, pies and lattes! High fiber foods, healthy fats, and avoiding sweetened beverages will help you feel better physically and reduce your disease risk. Track your servings as you heal your body with quality fuel!

### November 21, 2018 – Jan 4, 2019: Holiday Challenge: Jingle All the Weigh!

This holiday season, the only thing that should be "stuffed" is the turkey! Many Americans gain between 1 and 5 pounds each holiday season. Most individuals never manage to lose those extra pounds. Maintain or lose weight over the holidays this year by being mindful of your food, activity and stress relief choices.

### Register your company by contacting:

YMCA Community Health Coordinator  
[communityhealth@ymcawichita.org](mailto:communityhealth@ymcawichita.org)  
316-776-8183

### Rates:

Y Corporate Membership Partners: \$100/challenge  
Community Partners: \$200/challenge  
*20% discount if pre-registered for 5 challenges*