



VIRTUAL WELLNESS CHALLENGE

STAY WELL & STAY ACTIVE | OCTOBER 5 - NOVEMBER 13

Stretch for 15 mins, 3 days in a week	Relax by doing a puzzle, playing a game, coloring or reading	Participate in an activity/event listed in the Campus Update	Listen to a new podcast	Complete a 30 minute outdoor workout	Journal or make a list of things you love about yourself	Reconnect with a long-time friend or family member
Write a thank-you note to someone	Schedule time in your day to call a friend or family member	Re-evaluate your budget or explore new ways to track your spending	Participate in a virtual fitness class on Falcon Fitness IGTV @bgsufitness	Take a 60 min break from all technology, 3 days in a week	Drink at least 6 glasses of water daily for 1 week	Meditate for 10 minutes
Participate/watch a workshop provided by the Division of Diversity and Belonging	Participate in an online professional development opportunity	Participate in a FREE Move4YourMood virtual fitness session	Use a reusable water bottle	Fill your plate with ½ fruits & vegetables at least 5x in a week	Jot down at least 5 positive affirmations	Try a new activity or hobby
Enjoy time in nature	Achieve 150 minutes or more of exercise in a week	Spend 30 minutes de-cluttering your home or study environment	Journal or make a list of things you are grateful for	Stand, stretch or move for 60 sec every hour that you are working at the computer	Clean-out your closet and donate clothes you no longer wear	Share ways you are being active at home using hashtag #FalconFitness

Mark off each well-being activity you complete. Complete at least 20 activities by November 13 to earn a free THRIVE shirt. Visit bgsu.edu/thrive to submit your completed card to receive a THRIVE shirt and enter the raffle for additional prizes.

