



Recommended Wellness Challenges

Key



Emotional



Financial



Physical



Purpose



Social



Occupational



Physical Wellness Challenges

3Square

Eat three meals a day

The 3Square Challenge invites you to eat three meals a day—with no snacking in between for 30 days. This method of eating may help you regulate how much food you eat without the complexity of counting calories.

1,000Strong

1,000 reps—30 days

The 1,000Strong Challenge invites you to complete 1,000 reps of one strength exercise in one month. Pick an exercise that is a challenge for you: push-ups, squats, lunges, planks (one rep = one second), walking or running (one rep = one minute).

Air1,000

Exercise outside for 1,000 minutes

The Air1000 Challenge invites you to exercise outside for 1,000 minutes in one month. Go for a run. Take a hike. Garden. Get some fresh air. While exercising outdoors can increase your energy level and help you feel more alive and refreshed, nature also has a calming effect.



BeatSweets

No sugar

The BeatSweets Challenge invites you to eliminate sugary foods from your diet for 30 days. Yes, you heard that right—no sugar for 30 days. Sugar provides lots of calories with little to no nutrition. When you stop eating sugar, you'll most likely lose weight and feel better.

BrownBag

Pack your own lunch

The BrownBag Challenge invites you to pack a lunch for work for the next 30 days. It's like being in school again, only now you get to pack your own lunch.



DropPop

No soda pop

The DropPop Challenge invites you to give up soda pop for 30 days. This includes all types of sodas: regular, diet and caffeine-free. Although soda might taste great, it's not great for your body or your pocketbook.



EatClean

No empty calories

The EatClean Challenge invites you to eliminate sugar, fried foods, and refined grains from your diet for 30 days. This may be the hardest nutrition challenge of all. The goal is to eat more nutrient-dense foods and eliminate empty calories (foods that are high in calories and low in nutrition).



Physical Wellness Challenges (continued)

FiveAlive

150 fruits or vegetables

The FiveAlive Challenge invites you to eat 150 servings of fruits and vegetables in 30 days (five servings per day). A serving is about one cup for most fruits and vegetables and two cups for leafy greens. They can be cooked or raw, fresh or frozen. Five servings a day may seem like a lot, so you may need to plan ahead to make sure you get them all in.

GoH2O

Choose water

The GoH2O Challenge invites you to replace one or more beverages (soda, juice, coffee, alcohol, etc.) with water for 30 days. You choose how aggressive you want to be by deciding which beverages you will give up.

MealPlan

Plan your meals

The MealPlan Challenge invites you to plan your meals for 30 days. Ideally, you should plan your meals each week and only buy your groceries once a week. However, even if you just plan one day in advance, that's fine too.



MoveIt

Get your steps in

The MoveIt Challenge invites you to take 5,000 steps a day for the next year. It's not hard to walk 5,000 steps in a day. It's only 2.5 miles (4 kilometers). The trick is doing it every day (or almost every day). That's the habit this challenge is trying to build—a minimum amount of activity each day.

ShutDown

No media one hour before bed

The ShutDown Challenge invites you to avoid any kind of media one hour before bed for 25 out of the next 30 days. This means turning off anything with a screen—computers, tablets, phones, and television—at least one hour before you go to bed. If you can get everyone in your household to be on board, it will be easier.

StandUp

Get up every hour

The StandUp Challenge invites you to get up and move around every hour-eight times a day, for 30 days. That may sound like a lot, but the average worker spends nearly six hours a day sitting at a desk.

UpBeat

500 minutes of cardio exercise

The UpBeat Challenge invites you to do 500 minutes of cardio exercise over the next 30 days—that's 125 minutes a week or 17 minutes a day. The goal of cardio exercise is to raise your heart rate for 20 minutes or more at a time.

WalkieTalkie

Walk and talk for 500 minutes

The WalkieTalkie Challenge invites you to walk with someone else for 500 minutes during the next 30 days (17 min every day). The easiest way to meet this health-boosting challenge is to find a friend or family member to be your walking partner.



WalkThere

Walk to a virtual destination

The WalkThere Challenge invites you to walk 120 miles within 30 days (four miles a day). Think about your normal patterns each day and look for opportunities to walk more.



Financial Wellness Challenge

PennyCounter

Track what you spend

The PennyCounter Challenge invites you to track every penny you spend for the next 30 days. Track it on paper, on a spreadsheet, or online. The goal of this challenge is to categorize each item so you can better understand where your money goes each month.



Occupational Wellness Challenge

BookWorm

Read for 1,000 minutes

The BookWorm Challenge invites you to read a book for 1,000 minutes over 30 days, an average of about 30 minutes a day. Digging into good books can add years to your mental health.



Emotional Wellness Challenges

40Day

Give up something for 40 days

The 40Day Challenge invites you to give up something for 40 out of the next 45 days—you get five exception days. The best part of this challenge is that you get to pick what you will give up. Choose something you may want to cut back on long term.

BeGrateful

List 90 things you're grateful for

The BeGrateful Challenge invites you to write down three things you are grateful for each day for 30 days. By the end of the challenge, you will have a list of 90 different things that you are thankful for.

BePositive

No complaining

The BePositive Challenge invites you to stop complaining for 30 days. Try finding the positive in every situation. When someone around you does a good job, let them know. Not only does it make them feel good—it instantly boosts your mood, too.

ChillPill

Relax for 500 minutes

The ChillPill Challenge invites you to relax for 500 minutes during the next 30 days (17 minutes every day). Do something you enjoy, something that is not part of your usual routine. You would think relaxing is something everyone can do naturally, but some of us find it more challenging than others.

ColorfulLife

Color for 300 minutes

The ColorfulLife Challenge invites you to spend about 10 minutes a day coloring for the next 30 days, totaling 300 minutes. Coloring has been proven to reduce stress, increase focus, and put you in a state of consciousness like meditation.

GoodDeed

30 random acts of kindness

The GoodDeed Challenge invites you to do 30 random acts of kindness over the next 30 days. Hold the door for someone, do the dishes, give up your seat on the bus or train, or pay someone a compliment. There are always opportunities to help others, and it's often the small things that have the greatest impact.



MeditationMaster

Meditate for 150 minutes

The MeditationMaster Challenge invites you to meditate a total of 150 minutes during the next 30 days (just five minutes per day). Meditation will help you become more present, grateful and aware. It can make some of your worst physical and mental problems evaporate.



TidyUp

Declutter for 300 minutes

The TidyUp Challenge invites you to spend 300 minutes decluttering your life (about 10 minutes every day). Tidy up your desk. Clean out a drawer. Get rid of clothes you don't wear. Organize the files on your computer.

Questions? Just call Healthy Merits Customer Service at 1.877.348.4533 or email healthymerits@meritain.com.

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