

## Healthy Office Challenges

1. Decide on the focus of your challenge, give employees 2-3 options to vote on
  2. Decide on the length of your challenge, 6-8 weeks usually works well
  3. Elect a challenge administrator
  4. Decide on the winner's incentive (dollar store prizes, gift cards, a half-day off, and many more!)
- Challenge your team to track the **number of steps or number of stairs** they take daily or weekly
    - Use "Stridekick" app, available for FREE on iPhone and Android Devices
  - Put together a **monthly Healthy Meal Potluck**
    - Have all participants bring in the recipe and nutritional information (**create an office cookbook with these recipes!**)
    - Conduct blind taste tests to determine best taste compared to nutritional content
  - **Habit Tracking Apps** (for tallying points for challenges listed below)
    - HabitBull
1. Assign points to healthy behaviors and tally them on a board in a common area:
    1. Eat 5 servings of fruits and vegetables a day (1 point per day if achieved)
    2. Drink 64oz of water a day (1 point per day if achieved)
    3. Limit 1 soda per week (1 point per week if achieved)
    4. Limit 1 fried food item a week (1 point per week if achieved)
    5. Eat gluten free Mon-Fri (1 point per day if achieved)
    6. Eliminate added sugars Mon-Fri (1 point per day if achieved)
    7. Limit 1 dessert Mon-Fri (1 point per week if achieved)
    8. 3 alcoholic drinks (or fewer!) a week (1 point per week if achieved)
    9. Workout 5 times a week (min 30 mins/workout) (1 point per workout)
    10. Take the stairs at least 1 time per day Mon-Fri (1 point per day if achieved)
  2. Bonus rules:
    1. Walk 5 miles throughout the week
    2. Do 3 strength training exercises throughout the week
    3. Give up caffeine for a full week (warning – may cause cranky coworkers!)
    4. Create a 'healthy bowl' in your department instead of bagels, donuts, cookies, etc.

5. Conduct 2 walking meetings during the week (instead of sitting in a conference room, conduct your meeting over a 30 minute stroll outside!
  6. Walk/bike to work once a week
3. Final Challenge ideas:
1. Lose 5 lbs during 6-8 week challenge period
  2. Eliminate processed sugars, soy & gluten from their diet
  3. Complete 50 pushups
  4. Complete 5 pull-ups
- 4. Have fun!**