



## INTELLECTUAL WELLNESS JANUARY & FEBRUARY 2015



**“Intellectual Wellness” is engaging an individual in creative and stimulating mental activities to expand their knowledge and skills. It helps you discover the potential for sharing your gifts and talents with others. It’s involving us in creative and stimulating mental activities, continuously learning and growing from experience. By travelling this Wellness path, you can explore issues related to problem solving, creativity, and learning.**

**Track your intellectual activities below and accumulate points that are transferred onto your KEI Wellness Passport for both January and February 2015 and earn you Health Service spending account (HSSA) dollars.**



Intellectual Activities	Date Completed	Points
Complete a Health Risk Assessment – 50 pts (max. 1/year)		
Login & access the Homewood’s Health and Wellness Companion. Complete the specific Health assessment (i.e. Sleep) – 25 pts		
Complete an e-Learning course with Homewood – 15 pts		
Register Educational Class and submit registration – 30 pts		
Complete a short course such as woodworking, gardening, computers, cooking, mechanics, dancing,, yoga... - 5 pts		
Go onto KEI’s website and answer the Wellness question... What’s KEI’s Wellness Motto? – 2 pts		
Attend any event or visit a Museum, Art Gallery, Aquarium, Science Centre, Ripley’s Believe It or Not. Submit attendance photo or ticket stub – 10 pts (max. 2 events)		
Explore a new culture: Ask a friend/colleague/co-worker about their culture or traditions; document something about them... i.e. food, holiday. Submit 3 facts - 5 pts (max. 2 entries)		
Find, read and print a Health article from a Health Workplace website – 2 pts (max. 2 articles)		
Read a magazine article and submit answers to 3 questions. What was the article about? What did you learn from the article? How can you use this information? – 5 pts (max. 2 articles)		
Donate book (s) to KEI’s library – 2 pts/book (10 books max.)		

Intellectual Activities	Date Completed	Points
Read a book and submit a short summary – 5 pts		
OR Read 3 books and submit 1 paragraph summary of each book – 20 pts (Bonus)		
Watch an educational TV show (History, National Geographic, Food, Discovery, HGTV...) What was the topic? – 2 pts		
Join or create a book club. How did you join or create the club? – 5 pts		
Attend a gym class (Yoga, Step, Cycling...) – 5 pts max/month. Provide a selfie or class instructor validation of attendance.		
Daily intake of mineral(s) and/or vitamin(s). Show the bottle – 10 pts		
Mind mapping as a road map for intellectual power: Exercising your brain @ <a href="http://www.brainmetrix.com">www.brainmetrix.com</a> and submit a print out of each one done – 2 pts (max. 10 pts)		
Mind mapping: Name 5 Brain power foods – 5 pts		
Mind mapping: Print or provide a brain power recipe – 5 pts		
Mind mapping: Left & Right side of the brain challenge @ <a href="http://braintest.sommer-sommer.com/en/">http://braintest.sommer-sommer.com/en/</a> – 5 pts		
Join <a href="http://www.lumosity.com">http://www.lumosity.com</a> – 3 pts		
Test an IQ test @ <a href="http://www.iqtest.com/">http://www.iqtest.com/</a> Print out 1 of the questions during the test – 5 pts		
Complete and print a Personality Assessment <a href="http://www.16personalities.com/free-personality-test">http://www.16personalities.com/free-personality-test</a> or <a href="http://www.humanmetrics.com/cgi.win/JTypes2.asp">http://www.humanmetrics.com/cgi.win/JTypes2.asp</a> – 5 pts		
Complete and print an Emotional Intelligence Test (EQI) assessment @ <a href="http://testyourself.psychtests.com/testid/3038-">http://testyourself.psychtests.com/testid/3038-</a> – 5 pts		
Complete and print an Optical Illusions test @ <a href="http://www.playbuzz.com/jeffd/this-optical-illusions-test-will-literally-melt-your-brain">http://www.playbuzz.com/jeffd/this-optical-illusions-test-will-literally-melt-your-brain</a> - 5 pts		
Complete and print a Spot the Differences exercise @ <a href="http://www.games.com/play/absolutist/spot-the-difference">http://www.games.com/play/absolutist/spot-the-difference</a> – 5 pts		
Games for the Brain: <a href="http://www.proprofs.com/games/">http://www.proprofs.com/games/</a> Submit a print out of each – 2 pts (max. 10 pts)		
Games for the Brain @ <a href="http://www.gamesforthebrain.com/">http://www.gamesforthebrain.com/</a> Submit a print out of each – 2 pts (max. 10 pts)		
Brain teasers @ <a href="http://www.brainbashers.com">http://www.brainbashers.com</a> Submit a print out of each completed – 2 pts (max. 10 pts)		
Build a model and submit a photo – 5 pts		
Create and document a healthy habit (1/month) – 10 pts		