



## PHYSICAL WELLNESS JULY & AUGUST 2015



**“Physical Wellness” is developing personal responsibility for the health of our bodies, keeping us in the best condition we can achieve, and understanding our body’s good and bad physical signs.** Through a combination of physical activities, exercises, and healthy eating habits, it enables us to be in the best physical wellness and maintain a healthy quality of life.

**Track your physical activities and accumulate points. Points are transferred onto your KEI Wellness Passport earning you Health Service spending account dollars (HSSA) and eligibility for draws.**



Physical Activities	Date Completed	Points
Complete a Health Risk Assessment – 50 pts (max. 1/year)		
Locate the 16 of “Take the Walk” posters and write down the messages – 50 points		
Participate in a walk, run, or bicycle event – 25 points		
Research a cardiovascular workout program and write a paragraph about it – 15 points		
Use a pedometer and achieve 15000 steps/week = 150 mins of moderate activity. For every 15000 steps = 15 points; minimum 10000 steps/week = 10 points. Pedometers can be reset by a Wellness Member. Pick up Pedometers in Health Services.		
Active breaks with or without a Walking Buddy - Walk the Green Mile and get 5 points for 10 mins walked. Walk with 2 people (yourself + 1 other) get 10 points for 10 mins walked. Walk with 3 people (yourself + 2 others) get 15 points for 10 mins walked.		
Engage in any wellness activities with our onsite guests (Fitness trainer, Yoga, etc.). Collect a coupon to receive 15 pts per activity.		
Go on the Homewood website, under the Health and Wellness Library, read and name the 4 articles under “Keeping Fit”. <a href="https://www.homewoodhumansolutions.com">https://www.homewoodhumansolutions.com</a> - 10 pts		
Provide 5 myths and 5 truths about physical fitness – 10 points		
Create an active workout program – 10 points		
Take a selfie doing a physical activity or event with someone – 10 points		

Physical Activities	Date Completed	Points
Participate in an instructional class – Bicycling, Yoga, Cross Fit, exercise class, etc. – 10 points		
Drink at least 4-6 glasses (250mls=1 glass) of water/day for 30 days. Track on a daily log – 15 pts		
Use a set of hand or ankle weights (i.e. 2-5 lbs) 3-4 times a day for muscle strengthening (track on a daily log) – 10 points		
Bike or walk to work – 10 points		
Create 3 individual physical activity goals that are specific, measurable, achievable, realistic, and time-oriented (SMART) – 10 points.		
Fitness Centre Membership – 5 points		
Do 5-10 minutes of stretching or activity before work, meeting, etc. or midway through working or a meeting– 5 points		
Do a 60-90 second standing break for every hour you sit – 5 points		
Walk and talk. Have a walking meeting or step in place while talking on the phone and keep a brisk walking pace for 10 mins. – 5 points		
If you take public transportation to or from work, get off 1 stop early and walk the rest. – 5 points		
If you drive to work, park 5 spots further away and increase the amount you walk into work – 5 points		
How do you fit at least 5-10 mins of physical activity in your day? – 5 points		
Do a stretch break every hour – 5 points		
Participate on an activities or sport team – 5 points		
What is your maximum heart rate when doing physical activity? – 5 points		
Tell us about a physical achievement you accomplished in your lifetime – 5 points		
What physical activity do you want to achieve by the end of this dimension? – 5 points		
What are the benefits of being active? – 5 points		
What weighs more muscle or fat? – 5 points		
What is a normal heart rate compared to an active heart rate? - 5 points		
Donate physical activity books (activity, workouts, etc) to the KEI's Library. 2 pts/book (10 books max.)		