



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”. https://www.homewoodhumansolutions.com - 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.)		