

WELLNESS YOUR WAY

≡ Your Wellness. Your Choices. Your Momentum. ≡

There's no single path to wellbeing — the right choice is the one that works for you! Explore the activities below or create your own wellbeing moments, and spend at least 10 minutes each day taking a step toward a healthier, more balanced you.

MOVE

- **Take a movement field trip** — explore a new walking path, park, or area near you.
- **Try a posture reset** — spend 5 minutes noticing and adjusting your posture.
- **Do a mobility moment** — focus on stretching one area of your body that feels tight.
- **Do a movement swap** — replace 10 minutes of sitting with any type of movement.
- **Try a new fitness app, class, or video** — like yoga, hiking, or pickleball.
- **Move for five minutes** before checking your phone in the morning.

NOURISH

- Pause during the day and ask yourself, **"What does my body need right now?"**
- **Try a new recipe**, ingredient, or flavor.
- **Spend 10–15 minutes outside** soaking up fresh air.
- **Replace** one processed snack with a **homemade option**.
- **Build your perfect snack or meal** that helps you feel energized.
- **Drink a glass of water** before reaching for coffee, soda, or another beverage.
- **Go to bed 30 minutes earlier**.

RECHARGE

- **Take a mini vacation moment** — look through travel photos or plan a future adventure.
- Spend 10 minutes **doing something purely for fun**.
- **Try a creative reset** — coloring, drawing, building, crafting, or writing.
- **Take a quiet moment** — enjoy 10 minutes without notifications, scrolling, or multitasking.
- **Try a quiet commute** — no calls, music, or podcasts.
- **Take a short rest or power nap** if your schedule allows.

CONNECT

- **Ask a coworker:** "What's something you're excited about right now?"
- **Share a favorite recommendation with someone** — a book, recipe, show, podcast, or place.
- **Send a thank-you message** to someone who helped you.
- **Plan a fun activity** with family or friends.
- **Compliment someone on a skill or quality**—not just a task.
- **Plan a phone-free meal** with loved ones.
- **Ask someone a question** and learn something new.

GROW

- **Write down one thing you want to try** before the end of the year.
- **Explore something new** — take a short course, listen to a podcast, or learn a new skill.
- **Create a personal "wins list"** from this year.
- **Learn a shortcut or tool** that makes life easier.
- **Organize one thing that makes your workday easier** — workspace, files, calendar, or inbox.
- **Practice a skill you want to strengthen** —whether it's professional, creative, or personal.

GIVE BACK

- **Bring a smile to someone's day** with a thoughtful gesture.
- **Share a resource** that could help someone.
- **Let someone go ahead of you** in line.
- **Donate unused items** that could benefit others.
- **Make someone's day easier** by taking something off their plate.
- **Recognize someone who makes a difference** but may not always get noticed.
- **Pick up trash** in your neighborhood or a local area.