

January Wellness Incentives

EAT

- **New Soup Recipe:** Try a new soup or chili recipe. **1 point Share the recipe for 2 points total**
- **Mindful Eating:** Focus on the flavors and textures of winter seasonal produce, like root vegetable soups or citrus fruits, to improve digestion and satisfaction. **2 points- Turn in all that you did at the end of the month.**
- **Winter Citrus:** Use seasonal oranges, grapefruits, and pomelos in salads for a vitamin C boost to support your immune system. **1 points, up to 3 points for different fruits and a picture**

PLAY

- **Outdoor Winter Walks:** Take daily 15–20-minute mindful walks outside. Regular walking, even in cold weather, is proven to boost mood and reduce stress. **2 points for 2 walks**
- **Outdoor FUN:** Make a snowman or snow angel. **1 point**
- **Family FUN:** National Puzzle Day!! January 29th Put together a puzzle with those in your household. **1 point Snap a photo and share for 2 points total**

LIVE

- **Vision Boarding:** Create a visual representation of your year's wellness goals to maintain motivation throughout the month. **2 points and share for 3 points total**
- **Home Organization:** Declutter a small space, such as a desk or closet, which can provide a sense of control and mental clarity. **2 points- 2 add 2 points for before & after Pictures for 4 points total.**
- **Read more in the New Year!:** Swap the screen time for a book. Read a new book and submit a picture. **1 point for reading. Add 2 points for a picture and a review.**

Email your points to employeewellness@stcroixprep.org