

HOKIE WELLNESS

HOKIES **LIVE** **WELL**

Eat ▶ Relax ▶ Move ▶ Be well

Jan. 17–Apr. 21

TRACKING LOG

Presented by
Human Resources and
Division of Student Affairs

Hokie Wellness wants to help employees live well. Participants can use this check list to keep track of their Hokies Live Well activities. Completed tracking logs can be turned in on Apr. 20 at North End Center (Suite 2300) from 8 a.m.–1 p.m. or on Apr. 21 at McComas Hall (room 194) from 12–5 p.m. Extended campus participants should email their tracking log to hokiewellness@vt.edu by Apr. 21.

Participants who complete 10 different activities, a minimum of two from each category, will receive a free tumbler. The tumblers can be picked up at the Hokie Wellness table on Staff Appreciation Day on May 17. Tumblers will be mailed to extended campus participants.



Move Well

- ☐ Attend a group exercise class
- ☐ Walk or bike to work
- ☐ Play an intramural, rec league, or pick-up sports game
- ☐ Attend a personal training session
- ☐ Run/walk a 5k, 10k, half marathon, or marathon
- ☐ Attend a weekly walking group
- ☐ Keep an exercise journal for two weeks (aim for at least 150 min/wk)
- ☐ Take swim lessons or go swimming
- ☐ Have a moving meeting at work



Relax Well

- ☐ Attend a yoga or tai chi class
- ☐ Get a massage
- ☐ Limit screen time by avoiding your phone, computer, and TV screen for 30 minutes before bed for five days
- ☐ Read a book
- ☐ Attend a mindfulness training
- ☐ Keep a sleep journal for seven days
- ☐ Meditate or pray daily for five minutes for five days
- ☐ Attend a cultural event with friends or family (concert, dance class, art gallery, international street fair, etc.)
- ☐ Plant a flower garden



Eat Well

- ☐ Visit a farmer's market or farm stand
- ☐ Replace one sugar sweetened beverage (soda, sweet tea, sweetened coffee drinks, etc.) daily with water for five days
- ☐ Learn how to cook a new vegetable
- ☐ Keep a food journal for seven days
- ☐ Start a vegetable or herb garden
- ☐ Practice mindful eating
- ☐ Include a vegetable in every meal for five days
- ☐ Meet with a registered dietitian
- ☐ Host a healthy potluck



Be Well

- ☐ Set a SMART (Specific, Measurable, Attainable, Realistic, and with a set Time frame) wellness goal
- ☐ Refer a friend to participate in Hokies Live Well
- ☐ Get your blood pressure checked
- ☐ Get your fasting blood glucose checked
- ☐ Schedule a yearly physical
- ☐ Volunteer
- ☐ Request the student list from Hokie Wellness for help with yard work, childcare, or pet-sitting services
- ☐ Get a BodPod test to assess your body fat percentage
- ☐ Post a #hokieslivewell photo to the Hokie Wellness for Employees Facebook page

www.hokiewellness.vt.edu

Total activities

Name: _____ Department: _____

Email: _____



LIVE ◀ LEARN ▶ WORK