

Hokies *Live* Well

Eat ■ Relax ■ Move ■ Be well

Jan. 21 - April 26
Tracking log

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 at the North End Center (Suite 2300) on April 25, from 8 a.m. - 1 p.m., or April 26, from 12 - 5 p.m. Extended campus participants should email their tracking log to hokiewellness@vt.edu by April 26.

Participants who complete 12 different activities, a minimum of three from each category, will receive a free cooling towel. The cooling towels can be picked up at the Hokie Wellness table at Staff Appreciation Day on May 22, 2019. Cooling towels will be mailed to extended campus participants.*



Move Well

- Take a dance class or dance to your favorite music (like no one is watching)
- Track your daily steps for one week
- Increase daily step total by 1,000 steps each week for four weeks
- Walk or bike to work
- Take a walk or hike on a local trail
- Participate in body weight exercises
- Try a new group exercise class
- Take a 15 minute walk, morning and afternoon, for one week
- Participate in Walking Wednesday at least nine times



Relax Well

- Take a relaxing bath or warm shower
- Add a plant for your home or office
- Refrain from all electronic usage one hour before bed for five days
- Mindfully prepare and enjoy a cup of hot tea
- Read for pleasure before bed
- Learn a new mindfulness or meditation practice (deep breathing, mindful walking)
- Eat a mindful lunch outside
- Watch a sunrise or sunset
- Delete social media apps from your phone



Eat Well

- Attend a healthy cooking class
- Plant a container garden
- Meal plan dinner for five days
- Try one new healthy recipe each week for four weeks
- Plan a healthy potluck and recipe exchange with colleagues
- Prepare a grocery list prior to grocery shopping
- Drink eight glasses of water per day for two weeks
- Pack a healthy lunch for work for five days
- Limit added sugar to less than 25 grams/day for five days



Be Well

- Set a S.M.A.R.T. goal related to your personal finances
- Accumulate four hours of volunteer service
- Get your cholesterol checked
- Post a #hokieslivewell photo to Facebook and tag Hokie Wellness for Employees
- Schedule and attend a yearly physical
- Begin your morning by setting an intention for the day
- Schedule and attend an annual eye exam
- Clean out closet and donate what you no longer use
- Hand write three thank you notes

Total activities

Name: _____

Department: _____

Email: _____

*Mailing Address: _____

Mail Code: _____