

HOKIE WELLNESS

HOKIES LIVE WELL

Eat 🍏 Relax 😴 Move 🧘 Be well

Aug. 28–Dec. 15

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 Dec. 14 at North End Center (Suite 2300) from 8 a.m.–1 p.m. or on Dec. 15 at McComas Hall (room 194) from 12–5 p.m. Extended campus participants should email their tracking log to hokiewellness@vt.edu by Dec. 15.

Participants who complete 12 different activities, a minimum of three from each category, will receive a free stainless soup thermos. The thermoses can be picked up at the Hokie Wellness table at the Employee Health and Benefits Fair (McComas Hall) on Jan. 10. Thermoses will be mailed to extended campus participants.



Move Well

- Attend a group exercise class
- Stretch 10 minutes daily for five days
- Schedule a 30 minute lunchtime walk with a friend or co-worker
- Attend a personal training session
- Run/walk a 5k, 10k, half marathon, or marathon
- Attend a weekly walking group
- Participate in resistance exercise two days per week for two weeks
- Go for a hike
- Have a walking meeting at work



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
- Go meatless for one meal this week
- Attend a healthy cooking class
- Prepare a healthy dish to bring to a holiday celebration or potluck
- Make half your plate fruits and vegetables for five days
- Bring a healthy snack to work to share with co-workers
- Meet with a registered dietitian
- Eat a meal with no distractions (ex: phone, TV, computer, newspaper)



Relax Well

- Write down three things you are grateful for each day for one week
- Get a massage
- Limit screen time by avoiding your phone, computer, and TV screen for 30 minutes before bed for five days
- Take a mindful nature walk
- Attend a mindfulness training
- Plan a weekend getaway
- Meditate or pray daily for five minutes for five days
- Spend time giving full attention to a friend or family member without distraction
- Plan a picnic in the park



Be Well

- Attend the Finding Balance Conference
- Refer a friend to participate in Hokies Live Well
- Get your blood pressure checked
- Volunteer in your community
- Schedule a yearly physical
- Create a monthly budget
- Request the student list from Hokie Wellness for help with yard work, childcare, or pet-sitting services
- Do a random act of kindness for someone (ex: help neighbor with yard work, encourage someone, send a handwritten letter)
- Post a #hokieslivewell photo to the Hokie Wellness for Employees Facebook page
- Get your flu vaccination

Total activities

Name: _____

Department: _____

Email: _____

www.hokiewellness.vt.edu

 VirginiaTech.

LIVE ◀ LEARN ▶ WORK