

The Quarantine Wellness Challenge

During this COVID-19 Pandemic we would like to acknowledge and show our appreciation to all the Northwestern Medicine workers on the front-line. As healthcare professionals work with the challenges of COVID-19 every day, we challenge you, your family, friends and coworkers to 19 wellness challenges this week as you *stay at home to save lives*.

- S** nack from the refrigerator, not the pantry
- T** ry adding fresh fruit to your water to entice you to drink more
- A** void sugar and cream in your coffee or tea every other day this week
- Y** ou can mix cannellini beans into your next pasta dish for extra fiber
- A** dd chickpeas to your next salad for even more fiber
- T** ake the time to meal plan one day this week
- H** ave one meatless or plant-based meal for dinner
- O** pt for plain yogurt with fresh fruit instead of flavored yogurt to eliminate added sugar
- M** ake an effort to put your fork down after every bite to practice mindful eating
- E** njoy your lunch meal at a dining table, not in front of your computer

- S** quat for 1 minute while brushing your teeth
- A** im for a 20 minute walk 3 days this week
- V** ideo chat while you and a friend exercise together
- E** nergize with 25 jumping jacks
- L** unge around your house during commercial breaks
- I** ncrease your upper body strength by doing 20 push-ups 3 days this week
- V** irtual: participate in a new virtual workout of your choice (Ex: Sworkit or Peleton Apps)
- E** mbark on an adventure and try an augmented reality app (Ex: Pokemon Go or ARrrrrgh Apps)
- S** tretch your legs for 10 minutes the next time you need a work break

Your end of the week score: ____ / 19