



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER WICHITA YMCA

WELLNESS WORKS

2019 Challenge Calendar

Covering everything from fitness to nutrition, emotional and financial wellness, and more, there's something for everyone! Our challenges focus on positive habit formation, trying new things, and developing a sense of purpose. Taking small steps will support employees to make lasting improvements at home and at work! We believe a healthy team leads to better company culture, a better bottom line, and a stronger community. Your company could even win and have your name engraved on the traveling YMCA Corporate Wellness trophy.

YMCA Wellness Works package includes:

- Promotional challenge flyers, challenge tracking sheets, and online participant reporting
- Weekly eblasts with additional tips and resources for participants that register for the challenge
- Suggested activities for your worksite, designed to supplement the challenge and engage employees for lasting change

STRETCH YOURSELF

FEB. 4 – 24: The benefits of stretching go beyond a warm up and cool down. Stretching releases tensions caused by stress, while increasing oxygen for better brain function. Stretching will not only improve blood flow for better healing after injury, but also prevent injury. Take a few minutes to stretch daily and improve your mental and physical health.

PUT PLAY IN YOUR DAY

APR. 1 – 21: Children are great at playing and aren't the only ones that benefit from it. Playing boosts creative energy and creates new brain connections. This can help improve productivity and problem solving skills. Tap into your inner-child, grab a friend and reap the benefits of "Play."

KITCHEN CREATIONS

JUN 3 – 23: More often than not, home-cooked meals are healthier than pre-packaged food or eating at a restaurant. With home-cooked meals, you can control what goes into them and save money. Try something new using different ingredients, various methods of cooking, or a new recipe!



CHALLENGE RATES:

YMCA Corporate Membership Partners:

\$150 per Challenge or Purchase the Full Challenge Package for Only \$600 (Buy 4, Get 2 Free)

Community Partners:

\$250 per Challenge or Purchase the Full Challenge Package for Only \$1250 (Buy 5, Get 1 Free)

UNWIND YOUR MIND

AUG. 5 – 25: Mindfulness is the practice of being present in the moment – seemingly simple, but more difficult than you may think! Throughout this challenge, you will dedicate time to be present through a variety of activities. This helps improve focus, reduce stress, and live in the moment.

MY MONEY MATTERS

OCT. 7 – 27: Money matters can be stressful. Financial success requires a constant effort of small steps to make lucrative progress. Knowing your spending habits provides the opportunity to make small adjustments to increase your savings and investments. Your money matters, and monetary awareness can lead to your financial success.

JINGLE ALL THE WEIGH

NOV. 27 – JAN. 6, 2020: This holiday season, the only thing that should be "stuffed" is the turkey! The average American gains 1 to 5 pounds during the holidays and most never lose those extra pounds. This year, maintain or lose weight over the holidays by being mindful of your food, activity and stress.

REGISTER YOUR COMPANY TODAY!

Contact Lianna Fry at lianna.fry@ymcawichita.org or 316.776.8173



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