

# health and wellness prizes

## Health and Wellness Prizes: Boosting Engagement and Healthy Habits

Are you looking for innovative ways to motivate your team, reward loyal customers, or simply encourage healthier lifestyles? Forget the usual gift cards – consider the power of health and wellness prizes! This comprehensive guide will explore the exciting world of rewarding healthy choices, offering a wealth of ideas, practical tips, and inspiration to help you design the perfect prize program that boosts engagement and promotes well-being. We'll delve into various prize categories, discuss budget considerations, and provide actionable strategies for maximum impact. Let's dive in and discover how health and wellness prizes can transform your approach to rewarding achievement and promoting a healthier future.

### Why Choose Health and Wellness Prizes?

In today's fast-paced world, prioritizing health and wellness is more crucial than ever. Traditional prize giveaways, while appreciated, often lack lasting impact. Health and wellness prizes, however, offer a unique advantage: they invest in the recipient's well-being, fostering long-term positive change. By rewarding healthy behaviors, you're not just giving a gift; you're fostering a culture of health and contributing to a healthier community. This makes them incredibly effective for:

Employee engagement: Boost morale and productivity by recognizing healthy choices.

Customer loyalty: Reward loyal customers with gifts that promote self-care.

Community outreach: Encourage healthy habits within your community through prize initiatives.

Corporate social responsibility: Demonstrate your commitment to well-being through impactful prize programs.

### Creative Health and Wellness Prize Ideas:

The possibilities for health and wellness prizes are endless! The key is to tailor your prizes to your target audience and budget. Here are some inspiring ideas, categorized for easy browsing:

Experiences:

Fitness retreats: Offer a weekend getaway focused on fitness, healthy eating, and relaxation.

Yoga or meditation workshops: Provide access to calming and stress-reducing

practices.

Personal training sessions: Gift personalized fitness coaching to help individuals achieve their goals.

Spa days: Pamper recipients with relaxing treatments that promote overall well-being.

Healthy cooking classes: Empower recipients with knowledge and skills for preparing nutritious meals.

#### Products:

Fitness trackers: Encourage activity tracking and goal setting with wearable technology.

High-quality gym memberships: Provide access to a variety of fitness classes and equipment.

Healthy meal delivery services: Simplify healthy eating with pre-prepared nutritious meals.

High-end water bottles: Promote hydration with stylish and functional water bottles.

Supplements and vitamins: Provide a boost to overall health and well-being (ensure compliance with regulations).

Noise-cancelling headphones: Promote relaxation and stress reduction with high-quality audio.

Books on healthy eating and mindfulness: Provide valuable resources for learning and self-improvement.

#### Subscription Boxes:

Healthy snack boxes: Deliver a curated selection of healthy snacks directly to their door.

Wellness subscription boxes: Offer a variety of self-care products and tools.

Organic produce boxes: Support healthy eating with fresh, organic produce delivered regularly.

#### Digital Prizes:

Online fitness programs: Provide access to a wide range of workout videos and personalized plans.

Meditation apps: Offer a subscription to a popular meditation app for stress management.

Nutrition coaching apps: Support healthy eating habits with personalized guidance and tracking tools.

## **Setting a Budget for Health and Wellness Prizes:**

The cost of health and wellness prizes can vary greatly depending on the type of prize and the number of recipients. Before you start planning, set a clear budget and stick to it. Consider the following factors:

Number of recipients: The more people you need to reward, the higher your overall cost will be.

Type of prize: Experiences tend to be more expensive than products, while digital prizes are usually the most affordable.

Frequency of rewards: Are you offering prizes once a year, quarterly, or monthly? This will significantly impact your budget.

Prioritize your budget allocation based on the impact you want to achieve and the value you place on employee morale or customer satisfaction.

## **Maximizing the Impact of Your Health and Wellness Prizes:**

To ensure your prize program is successful, consider these strategies:

Personalization: Tailor prizes to individual preferences and needs whenever possible.

Recognition: Publicly acknowledge recipients' achievements to boost motivation.

Clear communication: Clearly communicate the rules and criteria for winning prizes.

Tracking and measurement: Track the impact of your program on engagement and well-being.

Feedback: Gather feedback from recipients to improve future prize programs.

## **Conclusion:**

Investing in health and wellness prizes is an investment in your employees, customers, and community. By rewarding healthy behaviors, you create a positive ripple effect, promoting long-term well-being and fostering a culture of health. By thoughtfully selecting prizes, setting a realistic budget, and implementing effective communication strategies, you can create a rewarding program that inspires positive change and strengthens your relationships. Remember to tailor your approach to your specific audience and goals for maximum impact.

## **FAQs:**

1. Are health and wellness prizes tax deductible? The tax deductibility of health and wellness prizes depends on several factors, including the type of prize, the recipient (employee or customer), and your country's tax laws. Consult a tax professional for guidance.

1. How do I choose the right prize for my audience? Consider their demographics, interests, and health goals. Surveys and feedback can provide valuable insights.

1. What if my budget is limited? Focus on affordable options like digital prizes, subscription boxes, or smaller, thoughtful gifts.

1. How can I track the effectiveness of my health and wellness prize program? Use surveys, feedback forms, and engagement metrics (e.g., participation rates, employee wellness scores) to measure success.

1. Can I combine health and wellness prizes with other types of rewards? Absolutely! Consider a tiered reward system that includes both health-focused prizes and other incentives.

**health and wellness prizes: Fitness Dice** Chronicle Books, 2020-08-18 For fitness lovers of all levels, this handy kit includes 7 wooden dice and an instructional booklet with 36 different exercises--offering a fun and effective way to get a full-body workout at home or on the go. Each die represents a different area of focus: lower body, upper body, chest and back, core, cardio, full body, and number of reps/time. Simply roll the dice to generate a workout sequence or to add variety to an existing routine. With thousands of possible combinations and options for making exercises easier or more challenging, Fitness Dice is guaranteed to keep workouts fresh and exciting. No props or equipment needed! INCLUDES: 7 wooden dice, an instructional booklet with explanations for 36 different exercises-at a lower price point than many other fitness products. GET A FULL-BODY WORKOUT AT HOME, NO EQUIPMENT NECESSARY: Roll the dice for a unique fitness routine every time. You don't need any weights, props, or machines--just your own body! THOUSANDS OF POSSIBLE COMBINATIONS: The dice cover various body parts and types of exercises (cardio, back, arms, legs, etc.), and determine the number of reps and duration. With more than 45,000 workout possibilities, you'll never have to do the same one twice! TAKES THE INTIMIDATION OUT OF WORKING OUT: No matter your fitness level, these dice will create a great workout. And the included booklet will guide you through each exercise as well as offer tips on stretching, warming up, and cooling down. GREAT FOR BUSY FOLKS ON THE GO: No need to worry about getting to the gym or a workout class; fit in an efficient workout whenever and wherever! FUN, UNIQUE GIFT OR SELF-PURCHASE FOR FITNESS FANS: Great for men and women, health-conscious folks, fans of other quick routines like the 7-Minute Workout, and beginners as well as more advanced athletes.

**health and wellness prizes: Words to Live By** , 2020-05-05 Words to Live By is a gorgeous book of 50 illustrated quotes by 50 inspiring women. Discover intelligent and powerful quotes such as: Optimism is the faith that leads to achievement by Helen Keller, Turn your wounds into wisdom by Oprah Winfrey, Every great dream begins with a dreamer by Harriet Tubman, and more. This

visually stunning book is filled with Jade Purple Brown's custom illustrated typography, alongside her bold, colorful illustrations of women, nature, and more. • A smart, positive, empowering collection of quotes by female role models • The ultimate book for women • Jade Purple Brown's modern and cool illustration style illuminates these uplifting and positive quotes by remarkable women. Keep this lovely ebook close at hand for a dose of strength and inspiration, whenever you need it. A great book for Mother's Day, Women's History Month, birthdays, and graduations Perfect for those who loved Great Quotes from Great Women: Words from the Women Who Shaped the World by Peggy Anderson, Beautifully Said by Quotabelle, and Badass Affirmations: The Wit and Wisdom of Wild Women by Becca Anderson

**health and wellness prizes: Fitness Junkie** Lucy Sykes, Jo Piazza, 2017-07-11 A GMA SUMMER MUST-READ! From the bestselling authors of *The Knockoff*, an outrageously funny novel about one woman's attempt—through clay diets, naked yoga, green juice, and cultish workout classes—to win back her career, save her best friend, and lose thirty pounds. When Janey Sweet ... navigates topless yoga and ruthless cycling classes in Lucy Sykes and Jo Piazza's satire, she realizes she's better off without the green juice. —Us Weekly When Janey Sweet, CEO of a couture wedding gown company, is photographed in the front row of a fashion show eating a bruffin--the delicious love child of a brioche and a muffin--her best friend and business partner gives her an ultimatum: lose thirty pounds or lose your job. Sure, Janey has gained some weight since her divorce, and no, her beautifully cut trousers don't fit like they used to, so Janey throws herself headlong into the world of the fitness revolution, signing up for a shockingly expensive workout pass, baring it all for Free the Nipple yoga, and spinning to the screams of a Lycra-clad instructor with rage issues. As Janey eschews carbs, pays thousands of dollars to wellness gurus, and is harassed by her very own fitness bracelet, she can't help but wonder: Did she really need to lose weight in the first place?

**health and wellness prizes: Mindfulness Cards** Rohan Gunatillake, 2018

**health and wellness prizes: *The More or Less Definitive Guide to Self-Care*** Anna Borges, 2019-11-01 Some days you need a pick-me-up, some days you need a life preserver. “For most of us,” writes Anna Borges, “self-care is a wide spectrum of decisions and actions that soothe and fortify us against all the shit we deal with.” You may already practice some form of self-care, whether it's taking an extra-long shower after a stressful day, splurging on a ~fancy~ dinner, or choosing Netflix over that friend-of-a-friend's birthday party. But when life gets so overwhelming that you want to stay in bed, some more radical care is crucial to maintain your sanity. *The More or Less Definitive Guide to Self-Care* is here to help you exist in the world. Borges gathers over 200 tips, activities, and stories (from experts and everyday people alike) into an A-to-Z list—from asking for help and burning negative thoughts to the importance of touch and catching some Zzz's. Make any day a little more OK with new skills in your self-care toolkit—and energy to show up for yourself.

**health and wellness prizes: The Wellness Project** Phoebe Lapine, 2017-05-16 For those battling autoimmune disease or thyroid conditions—or just seeking healthy life balance—the voice behind the popular blog Feed Me Phoebe shares her yearlong investigation of what truly made her well. After she was diagnosed with an autoimmune disease in her early twenties, Phoebe Lapine felt overwhelmed by her doctor's strict protocols and confused when they directly conflicted with information on the bestseller list. After experiencing mixed results and a life of deprivation that seemed unsustainable at best, she adopted 12 of her own wellness directives—including eliminating sugar, switching to all-natural beauty products, and getting in touch with her spiritual side—to find out which lifestyle changes truly impacted her health for the better. *The Wellness Project* is the insightful and hilarious result of that year of exploration—part memoir and part health and wellness primer (complete with 20 healthy recipes), it's a must-read not just for those suffering from autoimmune disease, but for anyone looking for simple ways to improve their health without sacrificing life's pleasures.

**health and wellness prizes: The EatFit Cookbook** Molly Kimball, 2019-10

**health and wellness prizes: *An Invitation to Fitness and Wellness*** Dianne R. Hales, Charlene Zartman, 2001 This new book from best-selling author Dianne Hales covers Fitness, Nutrition,

Weight Control, and some selected Wellness topics. It emphasizes fitness as the best means to achieving the goal of feeling our best and living our lives to their fullest, and focuses on the key to living more happily and more healthfully: personal responsibility.

**health and wellness prizes:** *Let Go of Emotional Overeating and Love Your Food* Arlene B. Englander, 2018-08-24 *Let Go of Emotional Overeating and Love Your Food* is for anyone who would like to eat whatever they like, yet stop just at the point of satisfaction without overeating. Written by a Columbia University trained psychotherapist and former emotional overeater, *Let Go of Emotional Overeating and Love Your Food* offers psychologically sound techniques for recognizing the symptoms of emotional overeating and methods for addressing it in ways that are both effective and enjoyable. Readers will learn how to become aware of the difference between eating in a healthy way and eating emotionally – neither to satisfy hunger, nor for enjoyment, but in a desperate attempt to distract oneself from painful thoughts and feelings. Diets don't work for people who eat through their emotions. Instead, learning to recognize the stressors that lead to emotional eating and to address those tensions through other methods besides eating is the goal. When we handle stress well away from the table, we're free to relax and really savor our food when we choose to eat. Proven techniques like Cognitive Behavioral Therapy (CBT) are presented in an innovative, easy-to-remember way. Learning to eat mindfully, for health and enjoyment, becomes the goal, and Arlene Englander walks readers through table techniques designed to make mindful eating easier, habitual, and ultimately second-nature. Allowing for both fun foods and healthy foods, Englander's approach emphasizes eating healthfully and being aware of best practices and the behavioral objectives of coping with stress, exercising regularly, mindful eating, good nutrition and hydration, and controlling overeating situations. She addresses late-night eating, parties, vacation, and other situations where overindulging may be a risk. She concludes with a prescription that is meant to last so that readers can love their food for a lifetime.

**health and wellness prizes:** *Food Is Figureoutable* Kristine Devillier, 2021-09-30 *Food Is Figureoutable* is a must-have for anyone wanting to know how the food they eat plays a critical role in their health. Drawing on more than 20 years of experience as a natural health practitioner, Dr. Devillier empowers readers with small changes that can add up to a big difference in their health. Good nutrition doesn't have to be confusing or complicated, says Dr. Devillier. I hope this book will help people make permanent changes to the way they think about food and how they use it for better health.

**health and wellness prizes:** *Pursuing Health in an Anxious Age* Bob Cutillo, MD, 2016-09-14 *A Redeemed and Renewed Vision of Health* Despite all the care available to us, our society is more concerned about health than ever. Increased technology and access to health care give us the illusion of control but can never deliver us from the limitations of our bodies. But what if our health is a gift to nurture, rather than a possession to protect? Drawing from decades of medical experience in many different contexts, Dr. Bob Cutillo helps us cultivate a biblical understanding of the relationship between faith and health in the modern age, reorienting us to a wiser pursuit of health for the good of all. Weaving in his own story of serving the most vulnerable, he leads us to a bigger view of health care and a hope that is more secure than our physical wellness—hope with the power to transform our communities.

**health and wellness prizes:** *Activating Happiness* Rachel Hershenberg, 2017-12-01 It's not just big choices that can radically change our lives—sometimes it's the small ones. *Activating Happiness* offers powerful, evidence-based strategies to help you conquer low motivation, nix negative moods, and defeat depression by actively making positive choices in small, everyday moments. If you have depression or just suffer from low mood and lack of motivation, you know that your life isn't going to change with one grand, sweeping gesture. But you can make important decisions every day—whether it's getting off the couch and going for a walk, signing up for a course in pottery or screenwriting, or just setting aside some time to meet and chat with a good friend over coffee. These little things won't change your life all at once. But over time, they will shape the way you live and see the world and keep you on a path to wellness. In *Activating Happiness*, you'll find

solid strategies based in behavioral activation and acceptance and commitment therapy (ACT) to help you break the cycle of avoidance, guilt, shame, and hopelessness that can take hold when you're feeling your lowest. Using this guide, you'll find little, doable ways to "show up" to your life, get the ball rolling, and start really feeling better, instead of just reassuring others. You'll learn to set healthy goals for your body like eating and sleeping well, as well as healthy goals for your mind. Most importantly, you'll discover how to view your life through the lens of your own deepest values, which will spark a commitment to real, lasting change. The best thing about change is that you can start anywhere. By building a life—moment by moment—of rewarding behaviors that correspond to your values, you have the recipe for getting and staying well at your fingertips. This book will guide your way.

**health and wellness prizes: Breast Health Handbook** Caryn Franklin, 1996 This breast health handbook is a readable, concise, practical and non-scary book which has everything readers need to know about taking care of their breasts. It covers everything from self-examinations and finding lumps to operations and treatment

**health and wellness prizes: Neal's Yard Remedies Complete Wellness** Neal's Yard Remedies, 2018-09-06 Embrace holistic health and prepare natural health remedies for common ailments with essential oils, herbal remedies and pure foods. Neal's Yard Remedies: Complete Wellness delivers a head to toe guide to self-care for every part of your body. Targeted instructions allow you to tap into the restorative powers of herbs and plants and their therapeutic essential oils and use tried and tested, centuries' old herbal remedies to treat a raft of common ailments. As well as healing remedies, the book explores the key building blocks for optimizing health and wellbeing in each part of the body, pointing you to the top herbs, nutrients, and essential oils each area needs not only to stay well, but to reach the very peak of wellness - whether to boost circulation, enjoy glowing skin, balance gut flora, or maximize energy levels. Guidance is given on incorporating ingredients into everyday regimes, helping you to stay in tip-top health. Guided by the experts at Neal's Yard Remedies, follow step-by-step demonstrations on how to blend your own teas and tinctures; concoct all-natural-ingredient creams; create therapeutic aromatherapy oil blends; discover delicious recipes for sustainable wellness; and master a range of other practical techniques and tips for lifelong wellbeing. Make the most of nature's resources with Neal's Yard Remedies: Complete Wellness.

**health and wellness prizes: FASTER Way to Fat Loss** Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at [www.fasterwaytofatloss.com](http://www.fasterwaytofatloss.com).

**health and wellness prizes: Candy Cane Challenge** Melody Tyden, 2023-04-06 One year ago, Holly and Jackson met when their best friends Gemma and Cole got together. There was an instant spark between them, but they were looking for different things. Holly wanted a fling and Jackson was after love. When it came time for him to return to New York, they parted as friends and Holly stayed behind in London. Now, Holly has come to New York for Gemma and Cole's wedding and to spend Christmas with the happy couple... and their best friend. It doesn't take long for Holly and Jackson to realize the electricity between them is still there, but the problem they had before hasn't gone away either. Holly thinks they should just have a good time, while Jackson's looking for a long time. In the spirit of the season, they agree to a challenge. Jackson will try to win Holly's heart while she does her best to get him into bed. Whoever gives in first is the loser - though as the challenge

heats up, it seems less about winning and more about enjoying the game. When Christmas morning dawns, who will come out on top? This book contains content unsuitable for readers under the age of 18.

**health and wellness prizes:** *Modern Comfort Food* Ina Garten, 2020-10-06 #1 NEW YORK TIMES BESTSELLER • A collection of all-new soul-satisfying dishes from America's favorite home cook! ONE OF THE BEST COOKBOOKS OF THE YEAR: The New York Times Book Review, Food Network, The Washington Post, The Atlanta Journal-Constitution, Town & Country In *Modern Comfort Food*, Ina Garten shares 85 new recipes that will feed your deepest cravings. Many of these dishes are inspired by childhood favorites—but with the volume turned way up, such as Cheddar and Chutney Grilled Cheese sandwiches (the perfect match for Ina's Creamy Tomato Bisque), Smashed Hamburgers with Caramelized Onions, and the crispiest hash browns that are actually made in a waffle iron! There are few things more comforting than gathering for a meal with the ones you love, especially when dishes like Cheesy Chicken Enchiladas are at the center of the table. Old-fashioned crowd pleasers like Roasted Sausages, Peppers, and Onions are even more delicious and streamlined for quick cleanup. For dessert? You'll find the best Boston Cream Pie, Banana Rum Trifle, and Black and White Cookies you'll ever make. Home cooks can always count on Ina's dependable, easy-to-follow instructions, with lots of side notes for cooking and entertaining—it's like having Ina right there beside you, helping you all the way. From cocktails to dessert, from special weekend breakfasts to quick weeknight dinners, you'll find yourself making these cozy and delicious recipes over and over again.

**health and wellness prizes:** *Destination Wellness* Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. *Destination Wellness* is the perfect book for: • Anyone who has embraced hygge and is looking for new lifestyle inspiration • Armchair travelers and staycationers • Happiness and inspiration seekers • Wellness and travel enthusiasts • History lovers

**health and wellness prizes:** *365 Vegan Smoothies* Kathy Patalsky, 2013-07-02 With 100,000 Twitter followers and a blog that receives half a million unique visitors a month, food writer Kathy Patalsky loves sharing her passion for healthy, vegan cuisine. With *365 Vegan Smoothies*, she makes it possible for everyone to enjoy this daily diet enhancement that is free of animal products (even honey) and the saturated fats, chemicals, and hormones that often accompany them. From her frosty sweet Peach Pick-Me-Up to green smoothies such as her revitalizing Green with Energy, Patalsky's innovative smoothie recipes are built around themes such as brain boosters, weight loss, healthy digestion, and detoxification. She also includes mood tamers, such as the Cheerful Chocolate Chia, with B-complex vitamins and omega fatty acids to boost serotonin levels. Featuring vibrant color photographs and simple steps to stock a healthier pantry, *365 Vegan Smoothies* serves up the perfect blend for everyone.

**health and wellness prizes:** *Eat With Intention* Cassandra Bodzak, 2016-11-15 Forget fad diet and make peace with your plate. *Eat With Intention* is your guide to losing weight and living better, simply by properly listening to your body. This is not your traditional cookbook. You will not have to

do a cleanse, eat kale every day, or eliminate an entire food group. Instead, you will learn the step-by-step process for eating with intention and put a stop to the never ending cycle of fad diets, constant exhaustion, and general unhappiness with your body and yourself. Meditation and wellness teacher Cassandra Bodzak struggled for years with unhealthy dieting, stomach pains, and food allergies. It was only when she began to listen to her body and eat with intention that she transformed her life. In this book, she shares her wisdom to help you discover: How to uncover the foods that are hurting you How to nourish your body from a place of self-love How to incorporate a daily gratitude or meditation practice into your life How to prepare nearly 75 plant-based recipes, each accompanied by a mantra and meditation for eating with purpose and fueling your body So if you want to learn how to quiet your mind, start listening to your body, and love your whole self, then you are ready for this blueprint to a life that lights you up from the inside out. You are ready to live your best life with a clear head, open heart, and endless energy.

**health and wellness prizes: Take Control of Your Endometriosis** Henrietta Norton, 2012-08-16 As a sufferer of endometriosis and a qualified nutritional therapist, Henrietta Norton provides both a personal and professional look at how women can take control of their endometriosis and relieve their symptoms naturally.

**health and wellness prizes: Financial Peace** Dave Ramsey, 2002-01-01 Dave Ramsey explains those scriptural guidelines for handling money.

**health and wellness prizes: True Heart Intuitive Tarot, Guidebook and Deck** Rachel True, 2020 An exquisite tarot card deck and guidebook boxed set by Rachel True, best known as the co-star of the cult-classic movie *The Craft*--

**health and wellness prizes: In Real Life** Leticia Sala, 2020-09-01 *In Real Life: An Online Love Story* is the first of its kind—a bilingual novel-in-poetry written by popular Spanish-language poet Leticia Sala. *In Real Life* is not only about a young Barcelona woman who finds romance online thousands of miles away in New York City, it is also an ode to the titanic effort required in staying loyal to a commitment and her own individuality in the silicon age. Told in a poetic key, the fate of this couple, whose relationship begins with love at first like, offers a fractured mosaic of essential moments crowded with insecurities and urban neuroses, both contemporary and universal. The characters in the work of Leticia Sala seek light in the chaos churned out by modern culture and are always treated by the author with compassion, regard, and respect for their unfolding desires. *In Real Life* captures our infatuation with technology and finding new ways of relating to one another, our fascination with travel and language, and our age-old obsession with that right to love and feel loved.

**health and wellness prizes: Gratitude** Insight Editions, 2018-11-13 Center your life around positive thoughts with this guided gratitude journal! Celebrate each moment, big or small, and preserve important memories with everyday mindfulness. This 90-day reflection journal gives you a path to developing a habit of daily gratitude that you can carry throughout your life. Cultivating thankfulness is a potent exercise, proven to have a positive effect on a person's mental health and general well-being. Each spread of this positivity journal includes space to record expressions of gratitude, personal affirmations, memories of positive interactions, and commentary on the significance of it all. The perfect self-care or mindfulness gift for women and men, this happiness log creates a personal diary of positive experiences and wonderful reflections that can be a source of inspiration for years to come. Additional details: Ideal 5.75" x 8.25" size and durable flexibound format offer plenty of writing space while being small enough to travel easily Easy to write on archival paper takes pen and pencil nicely with 184 lined, acid-free pages Deluxe design with vegan leather cover, foil accents, removable cover band, and helpful ribbon marker make for a lasting keepsake Beautiful illustrations encourage a calming mindset and lovely backdrop for deep reflection Journal simply with guided prompts and lists that make it easy to check in with yourself morning and night, relieve stress, and promote mindfulness Build your collection: Gratitude is part of Insight Editions' successful line of Inner World guided journals, including Mindfulness, Meditation, Calm, Self-Care, Recharge, Connection, and more

**health and wellness prizes:** *The Blue Zones Kitchen* Dan Buettner, 2019-12-03 Best-selling author Dan Buettner debuts his first cookbook, filled with 100 longevity recipes inspired by the Blue Zones locations around the world, where people live the longest. Building on decades of research, longevity expert Dan Buettner has gathered 100 recipes inspired by the Blue Zones, home to the healthiest and happiest communities in the world. Each dish--for example, Sardinian Herbed Lentil Minestrone; Costa Rican Hearts of Palm Ceviche; Cornmeal Waffles from Loma Linda, California; and Okinawan Sweet Potatoes--uses ingredients and cooking methods proven to increase longevity, wellness, and mental health. Complemented by mouthwatering photography, the recipes also include lifestyle tips (including the best times to eat dinner and proper portion sizes), all gleaned from countries as far away as Japan and as near as Blue Zones project cities in Texas. Innovative, easy to follow, and delicious, these healthy living recipes make the Blue Zones lifestyle even more attainable, thereby improving your health, extending your life, and filling your kitchen with happiness.

**health and wellness prizes:** *The Stop & Go Fast Food Nutrition Guide* Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

**health and wellness prizes:** *Workplace Wellness Programs Study* Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

**health and wellness prizes:** *Chair Yoga* Kristin McGee, 2017-01-17 From celebrity yoga instructor Kristin McGee comes this fun, accessible guide to 100 yoga poses and exercises that can be done in your chair and take just minutes a day. For the majority of Americans living a sedentary lifestyle (from the card-carrying couch potatoes to the 86% of American workers who sit all day at their job) comes a comprehensive guide to the most accessible form of yoga... Chair yoga! - Desk-bound? You can do chair yoga! - Have limited range of motion? You can do chair yoga! - Never done yoga before? You can do chair yoga! - Don't own a pair of stretchy pants? You can do chair yoga! - Own plenty of athleisure or loungewear, but haven't moved much in weeks/months/years? You can do chair yoga! Chair yoga is exactly what it sounds like: exercises you can do sitting down. In Chair Yoga, celebrity yoga instructor Kristin McGee takes you through 100 yoga poses and exercises that are easy enough for all levels and will help readers stay active, alert, and healthy. Divided into chapters organized by body part (say goodbye to back pain and hello to better posture), each exercise includes step-by-step instructions and easy-to-follow photos. Plus, bonus chapters on 5-, 10-, and 15-minute routines help readers put it all together and find the time to perform these exercises. Now with Chair Yoga, anyone can benefit from just a few moves a day—and garner the remarkable physical and mental health rewards.

**health and wellness prizes:** *The Everything Health Guide to OCD* Chelsea Lowe, 2007-11-01 OCD sufferers have difficulty concentrating, and often their compulsions--needless checking, excessive worrying, and even repetitive actions like rewashing--make it difficult for them to lead their everyday lives. Misdiagnosed or untreated OCD can become chronic and more severe. It is also hereditary, so parents who have OCD may pass symptoms on to their children. Written by an OCD sufferer with a technical review by a licensed psychologist, this practical guide covers: \* Diagnosis

and the identification of symptoms \* The types of OCD \* Current treatment options \* Some coping strategies \* Support groups \* Useful resources like an OCD self-test With The Everything® Health Guide to OCD, people who suffer from the disorder can rest easy, knowing they have the knowledge and medical information to help them recognize and cope with the symptoms and decide upon treatment. AUTHOR: Chelsea Lowe (New England) is a professional writer who has been living with OCD for 7 years (she was diagnosed at the age of 37). She has written about the disorder for the Philadelphia Inquirer, the New York Daily News, and TV Guide. Her other publication credits include Newsweek, National Public Radio, Newsday, the Los Angeles Times, the Boston Globe, Technology Review, and the Boston Herald. Judith A. Lytel, Psy.D. (Amherst, MA), is a licensed psychologist who has been in private practice for more than 12 years, treating patients with anxiety disorders such as OCD. She was a Clinical Instructor and Preceptor in Obstetrics and Gynecology at Tufts University School of Medicine. A graduate of Penn State, Johns Hopkins, and the Massachusetts School of Professional Psychology, Dr. Lytel completed a postdoctoral fellowship in Behavioral Medicine at Harvard-affiliated Cambridge Hospital.

**health and wellness prizes: The Illuminated Breath** Dylan Werner, 2021-02-23 From our first breath to our last, we spend our entire lives in a perpetual cycle of inhalations and exhalations. Yet few of us are taught how to breathe, why we breathe, or the ways in which the breath influences us emotionally, energetically, physically, and spiritually. The Illuminated Breath is a revolutionary manual on unlocking the power of the breath. With humor, clarity, and an appreciation for the art of storytelling, revered yoga practitioner Dylan Werner delves into the rich histories of breathing techniques and breath work, while validating these practices with a strong lean toward physiology and science. Using enlightening, practical examples from everyday life, Werner explains how energy flows through the body and how the breath can be used to regulate and control that flow. He walks readers through pranayama, the ancient yogic practice of breath control, and explains the four components of the breath cycle. He then introduces pranayama practices, which can be used on their own or combined into sequences to achieve specific goals. The final part of this book leads readers through a series of targeted breath sequences that are designed to boost athletic performance and recovery, improve sleep, enhance cognitive function, relieve anxiety, promote deep relaxation, and more. Each sequence is customizable and can be modified or used in combination with other sequences to create a personalized breath plan. Embark on a life-changing journey as you learn how to breathe optimally and bring balance to your life, one inhalation and exhalation at a time.

**health and wellness prizes: Nutrition Promotion** Tony Worsley, 2020-07-25 Affluenza in developed societies is damaging our health, leading to increasing rates of obesity, diabetes and other metabolic disorders. Growth in individual food consumption is also threatening ecological sustainability. More than ever before, dieticians, nutritionists, and other health professionals need to promote healthy eating to the general public. Nutrition Promotion sets nutrition education firmly in a public health context, showing that nutrition promotion is most effective when targeted to particular population groups. Tony Worsley presents the history, theory and methods of nutrition promotion, and provides practical applications in a variety of settings and age groups. Drawing on international theory and research, and with international case studies and examples, Nutrition Promotion is an essential text for students and professionals in nutrition studies and dietetics, health promotion and public health programs. 'Finally we have a book on nutrition promotion from a public health perspective that integrates food systems, theoretical health behavior change models, evaluation methods, applications across settings and sectors, and provides practical examples from different countries.' - Professor Mary Story, School of Public Health, University of Minnesota 'A timely and considered book. It follows in that great tradition of public health nutrition by providing a basis for analysis, but takes it a step further by helping the reader make the transition to action.' - Martin Caraher, Reader in Food and Health Policy, City University London

**health and wellness prizes: Dimes Times** , 2020-06-23 A practical guide to healthy cooking from the ultra-hip New York restaurant Dimes, described by New York Magazine as

1970s-era-whole-food-hippie chow for the jaded modern palate. Dimes, the Lower East Side restaurant from chef Alissa Wagner and designer Sabrina De Sousa, known for serving vibrant, healthy plates to an attractive clientele, is also a carefully designed brand providing more than just food to the artsy inhabitants of downtown New York City. The restaurant has expanded over the years to produce Dimes-branded merchandise, a food market, home goods and skincare, and now: the comprehensive debut cookbook of the Dimes all-encompassing brand. The restaurant has amassed a devout following of patrons who regularly visit the all-day cafe and bakery, and even refer to its location at the confluence of Canal, Essex and Division Street as Dimes Square. This new book presents a whimsical collection of recipes, conveniently categorized by time of day: 8:00 AM DETERMINED, 10:33 AM EMO, NOON SENSITIVE, 3:00 PM ASPIRATIONAL, 4:00 PM CURIOUS, 4:20 PM FOUR TWENTY, 6:00 PM HOMESICK, 8:00 PM HONEYMOON, 10:00 PM COMMISERATE, and 11:00 PM AFTERHOURS. All recipes are derived from the Dimes menu, once described by the New York Times Style Magazine as a useful time capsule of what and how people ate in 2010s New York City.

**health and wellness prizes:** Affirmators! , 2015

**health and wellness prizes: Ottolenghi Test Kitchen: Shelf Love** Yotam Ottolenghi, Noor Murad, Ottolenghi Test Kitchen, 2021-09-30 Relaxed, flexible home cooking from Yotam Ottolenghi and his superteam. Whether they're conjuring up new recipes or cooking for themselves at home, the Ottolenghi Test Kitchen team do what we all do: they raid their kitchens. But then, they turn whatever they find into approachable creations with an 'Ottolenghi' twist. This instinct is in perfect sync with recent times, when we've all been standing in front of our kitchen shelves, our cupboards and our fridges, wondering what to cook with what we've got; how to put a can of chickpeas or a bag of frozen peas to good use, instead of taking an extra trip to the shops. For the first time, the team welcome us into their creative space. These dishes pack all the punch and edge we expect from Ottolenghi, but offer more flexibility to make them our own, using what we've got to hand. There's the ultimate guide to creamy dreamy hummus, a one-pan route to confit tandoori chickpeas and a tomato salad that rules them all. This book is all about feeding ourselves and our families with less stress and less fuss, but with all the 'wow' of an Ottolenghi meal. It's a notebook to scribble on and add to, to take its ethos and absolutely make it your own. This is how to cook, the OTK way.

**health and wellness prizes: 100 Days of Real Food** Lisa Leake, 2014-08-26 #1 New York Times Bestseller The creator of the 100 Days of Real Food blog draws from her hugely popular website to offer simple, affordable, family-friendly recipes and practical advice for eliminating processed foods from your family's diet. Inspired by Michael Pollan's In Defense of Food, Lisa Leake decided her family's eating habits needed an overhaul. She, her husband, and their two small girls pledged to go 100 days without eating highly processed or refined foods—a challenge she opened to readers on her blog. Now, she shares their story, offering insights and cost-conscious recipes everyone can use to enjoy wholesome natural food—whole grains, fruits and vegetables, seafood, locally raised meats, natural juices, dried fruit, seeds, popcorn, natural honey, and more. Illustrated with 125 photographs and filled with step-by-step instructions, this hands-on cookbook and guide includes: Advice for navigating the grocery store and making smart purchases Tips for reading ingredient labels 100 quick and easy recipes for such favorites as Homemade Chicken Nuggets, Whole Wheat Pasta with Kale Pesto Cream Sauce, and Cinnamon Glazed Popcorn Meal plans and suggestions for kid-pleasing school lunches, parties, and snacks Real Food anecdotes from the Leakes' own experiences A 10-day mini starter-program, and much more.

**health and wellness prizes: Self-Care Truth Or Dare** Chronicle Books, 2021-09-07 Nurture your mind, body, and spirit with this unique twist on Truth or Dare! Be inspired to create a more joyful, thoughtful lifestyle with this fun, interactive tool offering 100 ways to practice self-care on a daily and weekly basis. Featuring 50 sticks, each with a thought-provoking question on one side and a challenging but achievable dare on the other, Self-Care Truth or Dare invites you to reflect, recharge, and connect with yourself. In a compact, foil-stamped cylinder that can be used at home or on the go, these prompts will inspire anyone seeking ways to nourish their health and everyday

well-being. Players: 1+ SAMPLE PROMPTS TRUTH: Who or what are you grateful for today? TRUTH: What are your core values? Do you feel aligned with them? TRUTH: How do you connect with your body? Do you have an exercise routine? Are you getting enough movement in your life? DARE: This week, keep a daily food diary. Pay attention to how what you eat makes you feel. DARE: Give yourself 3 compliments or encouraging affirmations. Repeat them to yourself every day for the next week. DARE: Take a meditative walk in nature. Pay attention to your surroundings, and engage your senses of sight, hearing, smell, taste, and touch. Focus on being present. SELF-CARE MADE EASY, FUN, AND ACCESSIBLE: The simple-to-use sticks are a great tool for individuals looking for ways to start, cultivate, and enhance their self-care practice and build healthy habits. Just pull a stick and choose truth or dare. You can do this on a daily, weekly, or monthly basis. And if a prompt doesn't resonate with you at that moment, just pick another! SELF-CARE IS IMPORTANT: Making time to take care of yourself is essential for living a happy, healthy, and balanced life. These sticks offer a range of insightful questions and achievable practices, encouraging you to nurture what is most important--you! To take care of others, start taking care of yourself. GREAT GIFT AND STOCKING STUFFER: Delivered in an eye-catching, portable package, this set of engaging prompts is a great gift or stocking stuffer for wellness enthusiasts and anyone interested in self-care, personal growth, and mindful living. Perfect for: - Self-care enthusiasts - People interested in physical, mental, emotional, and spiritual health - People interested in mindful living and healthy habits - Anyone seeking ways to reflect, recharge, and grow

**health and wellness prizes: The Moon Cycle Cookbook** Devon Loftus, Jenna Radomski, 2021-10-12 The Moon Cycle Bakery, founded in 2017, creates sweet treats that replenish certain micronutrients women lose during the different stages of their menstrual cycle. In The Moon Cycle Cookbook, bakery founder Devon Loftus and nutritionist Jenna Radomski empower women to nourish themselves with recipes for sweets, savory meals, and snacks, organized around each of the four phases of the menstrual cycle, that can be customized to suit their bodies' fluctuating needs. Every recipe is formulated with the knowledge of what is happening hormonally in a woman's body during each cycle phase, using ingredients that replenish and support essential nutrients. Suffering from cramps? Try adding more cacao to your diet. Mood swings? A sweet-potato brownie can help with that. A happy mix of creativity, self-empowerment, and downright deliciousness, this wellness guide demystifies menstrual health, educating readers about their unique needs and helping them to deepen their self-care regimen. Sidebars feature suggested self-care practices and rituals to enhance a woman's connection to her body and understanding of how to nurture a healthy cycle. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

**health and wellness prizes: Fit** Lon Kilgore, Michael Hartman, Justin Lascek, 2011 Fit is a book about how to get fit ... facts, practical information, and a logical approach to creating fitness from the first day of training through the day you reach your goal in fitness -- P. 4 of cover.

**health and wellness prizes: Livingood Daily** Livingood, 2017-12-24 America takes 75% of the worlds medications and seven out of ten people die of chronic and preventable diseases. The health care system meant to remedy this problem is now the third leading cause of death itself. This exists because we often ignore our health or assume we are healthy until disease hits. Then once disease hits we manage the sickness with drugs and surgeries. That's not health care, that's sick care. This book is the guide to experience real health. If you manage sickness and disease you get sickness and disease, if you build health you get health.

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