

wellness challenge prize ideas

Wellness Challenge Prize Ideas: Boost Engagement & Reward Healthy Habits

Are you running a wellness challenge at your workplace, gym, or within your social circle? Want to make it truly memorable and incentivize participation? The key is offering irresistible prizes that resonate with your participants' goals and motivations. This comprehensive guide dives deep into creative and effective wellness challenge prize ideas, providing inspiration to boost engagement and reward those dedicated to a healthier lifestyle. We'll explore prizes for all budgets, from luxurious getaways to simple, yet impactful, rewards.

I. Understanding Your Audience: The Foundation for Prize Selection

Before brainstorming prizes, consider your audience. What motivates them? Are they driven by material rewards, experiences, or something else entirely? For example, a young, fitness-focused group might appreciate gym memberships or high-tech fitness trackers, while a group of busy professionals might prefer stress-reducing experiences like spa days or massage therapy. Tailoring your prizes to your audience ensures maximum impact and engagement.

II. Wellness Challenge Prize Ideas: Budget-Friendly Options

Not every prize needs to break the bank. Many affordable options can be incredibly effective in motivating participants.

Healthy Meal Prep Kits: A subscription box delivering pre-portioned, healthy meals for a week takes the guesswork out of healthy eating.

Fitness App Subscriptions: Provide access to premium features on popular fitness apps like Peloton, Nike Training Club, or Headspace.

Water Bottles & Reusable Coffee Cups: Promote sustainable habits with eco-friendly, branded merchandise.

Gift Cards to Healthy Restaurants or Grocery Stores: Allow participants to choose their own healthy treats.

Donation to Charity in Their Name: For those motivated by giving back, donate to their chosen charity.

Wellness Books or Podcasts: Educational resources can support ongoing healthy habits.

Home Workout Equipment: Yoga mats, resistance bands, or jump ropes are affordable and versatile.

III. Mid-Range Wellness Challenge Prize Ideas: Stepping It Up

For a more substantial reward, consider these mid-range options:

Massage Therapy Sessions: Relaxation and stress reduction are valuable prizes for a busy individual.

Spa Day Packages: A pampering experience incorporating facials, manicures, and other treatments.

Fitness Classes or Workshops: Yoga retreats, personal training sessions, or specialized fitness workshops.

High-Quality Fitness Trackers or Smartwatches: Motivation and data tracking in one package.

Cooking Classes Focused on Healthy Cuisine: Practical skills for sustained healthy eating habits.

Gift Certificates to Health Food Stores: Provides flexibility in choosing healthy products.

IV. High-End Wellness Challenge Prize Ideas: The Grand Prize Wow Factor

For that ultimate motivational boost, consider these luxury prizes:

Weekend Getaway at a Wellness Resort: A relaxing escape focused on holistic wellness and rejuvenation.

Personalized Fitness Consultation with a Certified Trainer: A customized fitness plan tailored to individual needs and goals.

Nutrition Consultation with a Registered Dietitian: Guidance on optimal nutrition and healthy meal planning.

High-End Fitness Equipment: Peloton bike, treadmill, or other premium fitness equipment.

Luxury Spa Package with Accommodation: An extended period of relaxation and rejuvenation.

V. Beyond Material Prizes: Experiences Matter

Consider prizes that offer experiences instead of just material goods. These can be incredibly motivating and memorable.

Team Lunch at a Healthy Restaurant: A celebratory meal shared with fellow participants.

Wellness Workshop or Seminar: Focus on specific areas like mindfulness, stress management, or nutrition.

Tickets to a Health and Wellness Event: A conference, expo, or fitness festival.

Featured Spot on Company Social Media: Recognition and celebration of achievements.

Public Acknowledgement at a Company Meeting: Provides positive reinforcement and peer recognition.

VI. Creative & Unique Wellness Challenge Prize Ideas: Think Outside the Box

Let's unleash your creativity!

Custom-Designed Workout Gear: Personalized apparel or accessories with challenge branding.

Subscription Box Tailored to Specific Wellness Goals: Curated boxes focusing on specific dietary needs or

fitness goals.

Donation to a Participant's Chosen Charity: A meaningful reward aligning with their values.

"Wellness Day" Off Work: A day dedicated to relaxation and self-care.

"Wellness Retreat" Experience (even a mini one at home!): Dedicated time for relaxation, mindfulness and self-care activities.

VII. Presenting the Prizes: Make it Memorable

The presentation of prizes is as important as the prizes themselves. Consider a celebratory gathering, a formal award ceremony, or even a personalized video message. Making the moment special will enhance the overall experience and create lasting positive memories.

Conclusion

Choosing the perfect wellness challenge prize ideas involves understanding your audience, setting a budget, and getting creative. By offering a diverse range of prizes that cater to different preferences and motivations, you can significantly boost engagement and reward participants for their commitment to a healthier lifestyle. Remember, the goal is not just to offer prizes, but to create a motivating and memorable experience that encourages long-term healthy habits.

FAQs

1. How do I determine the budget for wellness challenge prizes? Consider the number of participants and the overall budget allocated to the challenge. Prioritize prizes that offer the best value and align with your budget.
1. What if my participants have varying fitness levels? Offer a tiered prize system based on performance levels or participation milestones, ensuring everyone feels recognized.
1. How can I make sure the prizes are inclusive and accessible to all participants? Consider offering a choice of prizes or ensuring prizes are adaptable to different needs and preferences.
1. Should I offer individual or team prizes? Both individual and team prizes can be effective; consider

which approach best aligns with your challenge goals and team dynamics.

1. How can I track the effectiveness of my prizes in motivating participants? Collect feedback through surveys or informal conversations to gauge participant satisfaction and the impact of the prizes on their motivation and engagement.

wellness challenge prize ideas: 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.

wellness challenge prize ideas: The Wellness Activity Book Camella Jones, 2011-11-23 The Wellness Activity book is a new approach in communicating with family and friends on an intimate and non-threatening level, regardless of your age or background. It is not a book about psychology, rather is a self discovery guide that will allow you to build and improve relationships while uncovering a greater sense of self. Readers will experience priceless opportunities to look at past choices, celebrate life accomplishments and make positive changes stemming from newly gained insight. The friendship survey, parent check and points challenge results will quickly become the topic of your conversations. The Wellness Activity book is a must read and tell others book.

wellness challenge prize ideas: 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.

wellness challenge prize ideas: CrowdRising Lorinda R. Rowledge, 2019-07-05 Open

innovation enabled through crowdsourcing is one of the hottest topics in management strategy today. Particularly striking – and of vital importance to the world – are the pioneering efforts to apply crowdsourcing technology and open innovation to solve social, environmental, and economic sustainability challenges. CrowdRising sets out these challenges as context and then highlights the experiences of leaders and early adopters, identifies implementation guidelines, critical success factors and lessons learned, and finally projects where the field is going in the future. With a strong focus on the applications of crowdsourcing for innovation, engagement, and market intelligence, the book profiles the initiatives of companies, NGOs, and technology providers using crowdsourcing to develop these solutions to global problems. It addresses the key challenges impacting organizations: 1) identifying more sustainable ways to design, distribute, transport, recycle, and repurpose products; and 2) discovering and implementing the systems needed to transform global economic growth, drive human prosperity, and replenish the planet's resources.

wellness challenge prize ideas: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

wellness challenge prize ideas: **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.

wellness challenge prize ideas: *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.

wellness challenge prize ideas: **Silent Spring** Rachel Carson, 2002 The essential, cornerstone book of modern environmentalism is now offered in a handsome 40th anniversary edition which features a new Introduction by activist Terry Tempest Williams and a new Afterword by Carson biographer Linda Lear.

wellness challenge prize ideas: **Ask a Manager** Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

wellness challenge prize ideas: **Fair Play** Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the "shefault" parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is Fair Play: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, Fair Play helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. "Winning" this game means rebalancing your home life, reigniting your relationship with your significant other, and

reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try Fair Play? Let's deal you in.

wellness challenge prize ideas: Why We Sleep Matthew Walker, 2017-10-03 Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming--Amazon.com.

wellness challenge prize ideas: The Big Book of 30-Day Fitness Challenges Andie Thueson, 2019-11-19 Sticking to a fitness routine has never been this much fun! We all know we should be getting some level of physical activity every day. But it's hard to decide which kind. And it's even harder to find the time. Packed with fun fitness ideas, this creative and colorful book offers over 60 month-long challenges that solve both those issues. Each challenge is broken down day by day so you always know exactly what you should be doing, and provides a tracker so you can see your progress. The challenges range from low-impact yoga flows to running routines to family group activities, and also include support challenges and habits to improve your mental toughness and endurance. The Big Book of 30-Day Fitness Challenges will be the most fun you ever have exercising and the easiest way to build a healthy exercise habit.

wellness challenge prize ideas: On Writing Stephen King, 2014-12

wellness challenge prize ideas: Cracking Health Costs Tom Emerick, Al Lewis, 2013-06-07 Cracking Health Costs reveals the best ways for companies and small businesses to fight back, right now, against rising health care costs. This book proposes multiple, practical steps that you can take to control costs and increase the effectiveness of the health benefit. The book is all about rolling back health care costs to save companies and employees money. Working hand-in-hand with their employees, businesses need to ensure that, whenever feasible, employees with the most expensive diagnoses get optimal treatment at hospitals not practicing "volume-driven" medicine for higher profits. Less than 10% of employees incur 80% of costs. About 20% of patients have been completely misdiagnosed, while many others are simply the victims of surgeons who are either practicing bad medicine or overtreating for profit. For example, some companies, such as Walmart and Lowe's, are turning to the "Centers of Excellence" approach author Tom Emerick helped to pioneer while running benefits for Walmart. By determining which hospitals are adopting the highest standards of care, benefits managers can reduce the number of unnecessary high-cost surgeries and improve employees' overall health. The solution-based approach offered by the book is unique, because it can be implemented by businesses today.

wellness challenge prize ideas: What is Media Archaeology? Jussi Parikka, 2013-04-23 This cutting-edge text offers an introduction to the emerging field of media archaeology and analyses the innovative theoretical and artistic methodology used to excavate current media through its past. Written with a steampunk attitude, What is Media Archaeology? examines the theoretical challenges of studying digital culture and memory and opens up the sedimented layers of contemporary media culture. The author contextualizes media archaeology in relation to other key media studies debates including software studies, German media theory, imaginary media research, new materialism and digital humanities. What is Media Archaeology? advances an innovative theoretical position while also presenting an engaging and accessible overview for students of media, film and cultural studies. It will be essential reading for anyone interested in the interdisciplinary ties between art, technology and media.

wellness challenge prize ideas: 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.

wellness challenge prize ideas: *The Comfort Crisis* Michael Easter, 2021-05-11 "If you've been looking for something different to level up your health, fitness, and personal growth, this is it."—Melissa Urban, Whole30 CEO and New York Times bestselling author of *The Book of Boundaries* "Michael Easter's genius is that he puts data around the edges of what we intuitively believe. His work has inspired many to change their lives for the better."—Dr. Peter Attia, #1 New York Times bestselling author of *Outlive* Discover the evolutionary mind and body benefits of living at the edges of your comfort zone and reconnecting with the wild—from the author of *Scarcity Brain*, coming in September! In many ways, we're more comfortable than ever before. But could our sheltered, temperature-controlled, overfed, underchallenged lives actually be the leading cause of many of our most urgent physical and mental health issues? In this gripping investigation, award-winning journalist Michael Easter seeks out off-the-grid visionaries, disruptive genius researchers, and mind-body conditioning trailblazers who are unlocking the life-enhancing secrets of a counterintuitive solution: discomfort. Easter's journey to understand our evolutionary need to be challenged takes him to meet the NBA's top exercise scientist, who uses an ancient Japanese practice to build championship athletes; to the mystical country of Bhutan, where an Oxford economist and Buddhist leader are showing the world what death can teach us about happiness; to the outdoor lab of a young neuroscientist who's found that nature tests our physical and mental endurance in ways that expand creativity while taming burnout and anxiety; to the remote Alaskan backcountry on a demanding thirty-three-day hunting expedition to experience the rewilding secrets of one of the last rugged places on Earth; and more. Along the way, Easter uncovers a blueprint for leveraging the power of discomfort that will dramatically improve our health and happiness, and perhaps even help us understand what it means to be human. *The Comfort Crisis* is a bold call to break out of your comfort zone and explore the wild within yourself.

wellness challenge prize ideas: *The Ultimate Reading Challenge* Weldon Owen, 2022-01-25 Invigorate your reading life with 25 unique challenges and reward yourself with 25 bookish surprises! This delightful collection of 25 challenges and rewards inspires bookworms to engage with their reading life in a fresh new way. Each pocket inside this portfolio challenges readers to a bookish challenge. Once the reader completes a challenge, they can open the pocket to claim their prize. This one-size-fits-all gift is appropriate for readers of all ages, genres, and abilities. Bibliophiles are encouraged to: Read personally Re-read a book you loved as a child. Ask a family member what book has made a lasting impression on them. Find and read that book. Read compassionately Read a book that features an indigenous person. Read a book about a person with a disability. Read broadly Visit your local bookstore and ask a bookseller to recommend a book based on your recent favorites. Read in a place you've never read before. Engage creatively Make (or order) a snack or meal described in a book you've read. Write a letter to someone who has influenced your reading life. Prizes are all thoughtfully curated to supplement the reading life and include: A laser-engraved wooden bookmark Bookish greeting cards Coffee cup sleeve Book darts A mini notebook And much more!

wellness challenge prize ideas: *The ABCs of Black History* Rio Cortez, 2020-12-08 A NEW YORK TIMES BESTSELLER B is for Beautiful, Brave, and Bright! And for a Book that takes a Bold journey through the alphabet of Black history and culture. Letter by letter, *The ABCs of Black History* celebrates a story that spans continents and centuries, triumph and heartbreak, creativity and joy. It's a story of big ideas--P is for Power, S is for Science and Soul. Of significant moments--G is for Great Migration. Of iconic figures--H is for Zora Neale Hurston, X is for Malcolm X. It's an ABC book like no other, and a story of hope and love. In addition to rhyming text, the book includes back matter with information on the events, places, and people mentioned in the poem, from Mae Jemison to W. E. B. Du Bois, Fannie Lou Hamer to Sam Cooke, and the Little Rock Nine to DJ Kool Herc.

wellness challenge prize ideas: *Clever Girl Finance* Bola Sokunbi, 2019-06-25 Take charge of

your finances and achieve financial independence – the Clever Girl way Join the ranks of thousands of smart and savvy women who have turned to money expert and author Bola Sokunbi for guidance on ditching debt, saving money, and building real wealth. Sokunbi, the force behind the hugely popular Clever Girl Finance website, draws on her personal money mistakes and financial redemption to educate and empower a new generation of women on their journey to financial freedom. Lighthearted and accessible, Clever Girl Finance encourages women to talk about money and financial wellness and shows them how to navigate their own murky financial waters and come out afloat on the other side. Monitor your expenses, build a budget, and stick with it Make the most of a modest salary and still have money to spare Keep your credit in check and clean up credit card chaos Start and succeed at your side hustle Build a nest egg and invest in your future Transform your money mindset and be accountable for your financial well-being Feel the power of real-world stories from other “clever girls” Put yourself on the path to financial success with the valuable lessons learned from Clever Girl Finance.

wellness challenge prize ideas: Make Their Day! Cindy Ventrice, 2003 Written from the employees' viewpoint, this book explains why good working relationships form the core of effective workplace recognition.

wellness challenge prize ideas: The Big Book of 30-Day Challenges Rosanna Casper, 2017-10-30 The host of titular podcast offers over sixty ideas to boost creativity, achieve fitness goals, increase productivity, improve relationships and more. Change isn't always easy, but you can do it! Packed with powerful ideas for improving your life in all areas, including fitness, food, mindfulness, relationships, networking and more, this book shows how to create lasting habits by first succeeding at a thirty-day challenge. Author Rosanna Casper shares dozens of practical tips, helpful resources and her own secret tricks that will keep you motivated and committed through day thirty and beyond. If you're ready to make some positive changes in your life, just pick a challenge and get started: Walk 10,000 steps thirty days without (added) sugar Cook one new recipe per day Get better sleep Get rid of clutter Take a photo every day Spend thirty minutes outdoors Read twenty pages a day

wellness challenge prize ideas: Why America Needs a Left Eli Zaretsky, 2013-04-26 The United States today cries out for a robust, self-respecting, intellectually sophisticated left, yet the very idea of a left appears to have been discredited. In this brilliant new book, Eli Zaretsky rethinks the idea by examining three key moments in American history: the Civil War, the New Deal and the range of New Left movements in the 1960s and after including the civil rights movement, the women's movement and gay liberation. In each period, he argues, the active involvement of the left – especially its critical interaction with mainstream liberalism – proved indispensable. American liberalism, as represented by the Democratic Party, is necessarily spineless and ineffective without a left. Correspondingly, without a strong liberal center, the left becomes sectarian, authoritarian, and worse. Written in an accessible way for the general reader and the undergraduate student, this book provides a fresh perspective on American politics and political history. It has often been said that the idea of a left originated in the French Revolution and is distinctively European; Zaretsky argues, by contrast, that America has always had a vibrant and powerful left. And he shows that in those critical moments when the country returns to itself, it is on its left/liberal bases that it comes to feel most at home.

wellness challenge prize ideas: Mindfulness Cards Rohan Gunatillake, 2018

wellness challenge prize ideas: The 12-Minute Athlete Krista Stryker, 2020-03-31 Unlock your athletic potential and get into the best shape of your life with Krista Stryker's HIIT and bodyweight workouts—all of which can be done in just minutes a day! If you've ever thought you couldn't get results without spending hours in the gym, that you'd never be able to do a pull-up, or that it's too late to get in your best shape ever, The 12-Minute Athlete will change your mind, your body, and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight and a few basic pieces of portable equipment for short, incredibly effective workouts. Reset your mindset, bust through

mental blocks, and set meaningful goals you'll actually accomplish. You can finally ditch the dieting and enjoy food as fuel with simple eating guidelines to the 80/20 rule. In *The 12-Minute Athlete* you'll also find:

- A guide to basic calisthenics and bodyweight exercises for any fitness level
- Progressive exercises to achieve seemingly "impossible" feats like pistol squats, one-arm push-ups, pull-ups, and handstands
- More than a dozen simple and healthy recipes that will fuel your workouts
- Two 8-week workout plans for getting fitter, faster, and stronger
- Bonus Tabata workouts
- And so much more!

The 12-Minute Athlete is for men and women, ex-athletes and new athletes, experienced athletes and "non-athletes"—for anyone who has a body and wants to get stronger and start living their healthiest life.

wellness challenge prize ideas: *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.

wellness challenge prize ideas: *Keeping Your Company Healthy* Kirk Anthony Johnson, 1995

wellness challenge prize ideas: *Emotional Agility* Susan David, 2016-09-06 #1 Wall Street Journal Best Seller USA Today Best Seller Amazon Best Book of the Year TED Talk sensation - over 3 million views! The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility. Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we respond to these internal experiences drives our actions, careers, relationships, happiness, health—everything that matters in our lives. As humans, we are all prone to common hooks—things like self-doubt, shame, sadness, fear, or anger—that can too easily steer us in the wrong direction. Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts; it's about holding them loosely, facing them courageously and compassionately, and then moving past them to bring the best of yourself forward. Drawing on her deep research, decades of international consulting, and her own experience overcoming adversity after losing her father at a young age, David shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that allow us to acknowledge uncomfortable experiences while simultaneously detaching from them, thereby allowing us to embrace our core values and adjust our actions so they can move us where we truly want to go. Written with authority, wit, and empathy, *Emotional Agility* serves as a road map for real behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face.

wellness challenge prize ideas: *The Workout Bucket List* Greg Presto, 2022-04-26 Do leg day like America's toughest firefighter, join a bicycle race in the mountains of Colorado, or get pumped

like a POTUS with this unique and well researched collection of exercises that will encourage and inspire you to try some of the most challenging and ridiculously fun workouts at home and around the world! For most of us, exercise can be a dreaded task, one to be postponed, procrastinated, or avoided. We all know the excuses: exercise is boring; I don't have time for the gym; there's no room in my apartment; I need to be motivated. The real problem is that we're used to old fitness routines and the same monotonous gym equipment, but The Workout Bucket List promises that exercise can, and will, be fun again. Combine history, pop culture, travel, inspiration, and health and you've got the perfect book to help break down your mental barriers to shake up your fitness regimen. Author and fitness journalist Greg Presto suggests countless exercises and activities around the world—or in your very own home—for the ultimate fitness bucket list, whether it's biking with zebras, entering the Tour de Donut, climbing the tallest mountain east of the Mississippi, training like a Baywatch lifeguard, or starting your day with a workout that you might have done in the Titanic's gym. The Workout Bucket List is here to challenge you to try the world's toughest, most interesting, and fun workouts, inspiring the fitness adventurer in all of us.

wellness challenge prize ideas: Doughnut Economics Kate Raworth, 2018-03-08 Economics is the mother tongue of public policy. It dominates our decision-making for the future, guides multi-billion-dollar investments, and shapes our responses to climate change, inequality, and other environmental and social challenges that define our times. Pity then, or more like disaster, that its fundamental ideas are centuries out of date yet are still taught in college courses worldwide and still used to address critical issues in government and business alike. That's why it is time, says renegade economist Kate Raworth, to revise our economic thinking for the 21st century. In *Doughnut Economics*, she sets out seven key ways to fundamentally reframe our understanding of what economics is and does. Along the way, she points out how we can break our addiction to growth; redesign money, finance, and business to be in service to people; and create economies that are regenerative and distributive by design. Named after the now-iconic "doughnut" image that Raworth first drew to depict a sweet spot of human prosperity (an image that appealed to the Occupy Movement, the United Nations, eco-activists, and business leaders alike), *Doughnut Economics* offers a radically new compass for guiding global development, government policy, and corporate strategy, and sets new standards for what economic success looks like. Raworth handpicks the best emergent ideas—from ecological, behavioral, feminist, and institutional economics to complexity thinking and Earth-systems science—to address this question: How can we turn economies that need to grow, whether or not they make us thrive, into economies that make us thrive, whether or not they grow? Simple, playful, and eloquent, *Doughnut Economics* offers game-changing analysis and inspiration for a new generation of economic thinkers.

wellness challenge prize ideas: The Future of the Public's Health in the 21st Century Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on Assuring the Health of the Public in the 21st Century, 2003-02-01 The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. *The Future of the Public's Health in the 21st Century* reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.

wellness challenge prize ideas: Wellbeing at Work Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, *Wellbeing at Work* shows you how to do just that. Coauthored by Gallup's CEO and its Chief Workplace Scientist, *Wellbeing at Work* explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And *Wellbeing at Work* introduces a metric to report a person's best possible life: Gallup Net Thriving, which will become the "other stock price" for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. *Wellbeing at Work* shows leaders how to create a thriving and resilient culture. If you and your leaders don't change the world, who will? *Wellbeing at Work* includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

wellness challenge prize ideas: 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.

wellness challenge prize ideas: Still Writing Dani Shapiro, 2013-10-01 This national bestseller from celebrated novelist and memoirist Dani Shapiro is an intimate and eloquent companion to living a creative life. Through a blend of memoir, meditation on the artistic process, and advice on craft, Shapiro offers her gift to writers everywhere: a guide of hard-won wisdom and advice for staying the course. In the ten years since the first edition, *Still Writing* has become a mainstay of creative writing classes as well as a lodestar for writers just starting out, and above all, an indispensable almanac for modern writers.

wellness challenge prize ideas: Promoting Human Wellness Margaret Schneider Jamner, Daniel Stokols, 2000 This very important work calls for research and policy-making that is proactive, multi-level, multi-method, and interdisciplinary—not disease-driven. It synthesizes perspectives on wellness that have the potential to produce a paradigm shift in research and policy planning,

implementation, and evaluation. — Lené Levy-Storms, University of California, Los Angeles, Department of Medicine/Geriatrics [This book] helps broaden the field of inquiry and legitimates the social and political perspectives in health care research and planning. —Ellen R. Shaffer, University of California, San Francisco, Program in Medical Ethics

wellness challenge prize ideas: A Century of Innovation 3M Company, 2002 A compilation of 3M voices, memories, facts and experiences from the company's first 100 years.

wellness challenge prize ideas: NACUBO Business Officer National Association of College and University Business Officers, 1985

wellness challenge prize ideas: The Myth of Normal Gabor Maté, MD, 2022-09-13 The instant New York Times bestseller By the acclaimed author of *In the Realm of Hungry Ghosts*, a groundbreaking investigation into the causes of illness, a bracing critique of how our society breeds disease, and a pathway to health and healing. In this revolutionary book, renowned physician Gabor Maté eloquently dissects how in Western countries that pride themselves on their healthcare systems, chronic illness and general ill health are on the rise. Nearly 70 percent of Americans are on at least one prescription drug; more than half take two. In Canada, every fifth person has high blood pressure. In Europe, hypertension is diagnosed in more than 30 percent of the population. And everywhere, adolescent mental illness is on the rise. So what is really “normal” when it comes to health? Over four decades of clinical experience, Maté has come to recognize the prevailing understanding of “normal” as false, neglecting the roles that trauma and stress, and the pressures of modern-day living, exert on our bodies and our minds at the expense of good health. For all our expertise and technological sophistication, Western medicine often fails to treat the whole person, ignoring how today’s culture stresses the body, burdens the immune system, and undermines emotional balance. Now Maté brings his perspective to the great untangling of common myths about what makes us sick, connects the dots between the maladies of individuals and the declining soundness of society—and offers a compassionate guide for health and healing. Cowritten with his son Daniel, *The Myth Of Normal* is Maté’s most ambitious and urgent book yet.

wellness challenge prize ideas: Diversity's Promise for Higher Education Daryl G. Smith, 2020-08-11 Building sustainable diversity in higher education isn't just the right thing to do—it is an imperative for institutional excellence and for a pluralistic society that works. *Updated Edition* Daryl G. Smith has devoted her career to studying and fostering diversity in higher education. In *Diversity's Promise for Higher Education*, Smith brings together research from a wide variety of fields to propose a set of clear and realistic practices that will help colleges and universities locate diversity as a strategic imperative and pursue diversity efforts that are inclusive of the varied—and growing—issues apparent on campuses without losing focus on the critical unfinished business of the past. To become more relevant to society, the nation, and the world, while remaining true to their core missions, colleges and universities must continue to see diversity—like technology—as central, not parallel, to their work. Indeed, looking at the relatively slow progress for change in many areas, Smith suggests that seeing diversity as an imperative for an institution's individual mission, and not just as a value, is the necessary lever for real institutional change. Furthermore, achieving excellence in a diverse society requires increasing institutional capacity for diversity—working to understand how diversity is tied to better leadership, positive change, research in virtually every field, student success, accountability, and more equitable hiring practices. In this edition, which is aimed at administrators, faculty, researchers, and students of higher education, Smith emphasizes a transdisciplinary approach to the topic of diversity, drawing on an updated list of sources from a wealth of literatures and fields. The tables and figures have been refreshed to include data on faculty diversity over a twenty-year period, and the book includes new information about • gender identity, • embedded bias, • student success, • the growing role of chief diversity officers, • the international emergence of diversity issues, • faculty hiring, • and important metrics for monitoring progress. Drawing on forty years of diversity studies, this third edition also • includes more examples of how diversity is core to institutional excellence, academic achievement, and leadership development; • updates issues of language; • examines the current

climate of race-based campus protest; • addresses the complexity of identity—and explains how to attend to the growing kinds of identities relevant to diversity, equity, and inclusion while not overshadowing the unfinished business of race, class, and gender.

wellness challenge prize ideas: *She Works His Way* Michelle Myers, Somer Phoebus, 2021-10-12 Dear friend, We know it deeply. It is so hard to juggle work, home, and spiritual life. As working women, we've wrestled with tough questions: · How can I be effective in my work, and stay committed to the Gospel? · How can I be dedicated to my family, when my job is so demanding? · Why am I working so hard, and still so unfulfilled? Sound familiar? Like you, we see a culture that promotes success at all costs, and working women are falling for it. It's happening every day. Priorities are shifting. Things are getting done . . . but are we doing what matters most? And that's why we wrote this book. This is the story of how we traded the lies of the world for the truth of our loving Father--the lessons we learned that challenged culture's good things so we could find the greatest thing. The book you're holding in your hands is really a conversation--a conversation that pushes back against our culture with a Gospel-centered approach to work and womanhood, for the glory of God and the good of others. Let's get to work. His way. Michelle + Somer This is the book for every working woman!--ALLI WORTHINGTON, bestselling author and business coach

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