Instructions for the WIC Wellness Breaks "Call to Action" template

You have the opportunity to complete 12 wellness tasks to answer the call to a healthier life. Use the template to track your weekly wellness activities. Either choose to perform the activities provided (version #1) or create your own in each category (version #2). Get creative with coworkers – see who can check off all twelve on a weekly basis. Hang the templates up at your clinic to proudly display your accomplishments.

WIC WELLNESS BREAKS

STRESS MANAGEMENT

Inspire it forward.

Do a random act of kindness for someone. Hold a door, give a shoulder rub, write a kind note, etc.
Write down your kind act here.

_____

_____

HEALTHY EATING

Eat 4 different colored fruits/vegetables.

The fruits and vegetabels I ate were:

_____

_____

_____

_____

PHYSICAL ACTIVITY

Go for a 15 minute walk at work.

_____

_____

_____

_____

_____

PHYSICAL ACTIVITY

Name an exercise you can do at work (at your desk).

Name of exercise:_____

_____

_____

_____

STRESS MANAGEMENT

Make a person laugh or smile.

What you did to make them smile:

_____

_____

_____

_____

HEALTHY EATING

Make half your grains whole and choose a lean meat.

My healthy meal choices were:

_____

_____

HEALTHY EATING

Wear a rubber band for each 8oz cup of water you drink.

Total number of bands for the day:

_____

PHYSICAL ACTIVITY

Wall pushups

Stand facing a wall and extend your arms in front of you. Lean forward slightly and place your palms against the surface. Bend your elbows until your nose nearly touches the wall. Push back out to start.

That's one repetition.

Go for 10!

STRESS MANAGEMENT

8 hours of sleep challenge

A well-rested body is a healthy body! Aim for 7 to 8 hours of sleep tonight.

Time you went to bed: _____

Time you woke up: _____

Was it 7 to 8 hours? _____

PHYSICAL ACTIVITY

Take the stairs

Bypass the elevator and take the stairs at least once.

How many steps did you climb?

_____

STRESS MANAGEMENT

Write down 5 things you are grateful for.

_____

_____

_____

_____

HEALTHY EATING

Eat Breakfast

It's the most important meal of the day!

For breakfast I ate:

_____

_____

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WIC WELLNESS BREAKS ON YOUR OWN

STRESS MANAGEMENT

HEALTHY EATING

PHYSICAL ACTIVITY

PHYSICAL ACTIVITY

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HEALTHY EATING

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