



## Shape Up Your Workplace

A monthly series brought to you by Get Healthy CT

### Workplace Wellness Idea #27: Encourage Monthly Health Challenges

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will provide a “Workplace Wellness Idea” each month that employers can implement at low or no cost.

#### Why Monthly Health Challenges?

Daily physical activity is essential for good health, but finding the time to exercise can be very difficult. Get Healthy CT makes it easier by creating a “Monthly Health Challenge” designed to help users perform a specific exercise for 30 days, while progressively getting more challenging throughout the month.

Our Monthly Health Challenges are easy to use because they feature exercises that can be done at home with little or no cost and minimal equipment. Each challenge includes an easy track for beginners and a more challenging track for those who are more experienced. We also include instructions and pictures on how to perform each monthly exercise. Past challenges have included calf raises, jumping jacks and sit-ups. All our challenges are made available on our website at [www.GetHealthyCT.org](http://www.GetHealthyCT.org) and can be downloaded to print and share with employees.

#### How to Encourage Employees to Try a Monthly Health Challenge

- Email the challenges out to employees once per month
- Hang our health challenges up around the office, in the break rooms and restrooms
- Include a link to our health challenges in your monthly newsletters to employees
- Make it a group effort to complete challenges together
- Discuss the latest health challenge at the beginning of staff meetings
- Compete against other departments for fun, health promoting prizes

**See page two for a sample of a Get Healthy CT Monthly Health Challenge**

## A Sample Monthly Health Challenge By Get Healthy CT



### 31-Day Calf Raises Challenge

<b>(E) Easy</b> <b>(C) More</b> <b>Challenging</b>	1 (E )15 (C )25	2 (E )20 (C )40	3 (E )25 (C )50	4 (E )30 (C )60	5 <b>(E)Rest</b> <b>(C) Rest</b>	6 (E )30 (C )60
7 (E )35 (C )70	8 (E )40 (C )80	9 (E )45 (C )90	10 <b>(E)Rest</b> <b>(C)Rest</b>	11 (E )50 (C )100	12 (E )55 (C )120	13 (E )60 (C )130
14 (E )65 (C )140	15 <b>(E)Rest</b> <b>(C)Rest</b>	16 (E )65 (C )140	17 (E )70 (C )150	18 (E )75 (C )160	19 <b>(E)Rest</b> <b>(C)Rest</b>	20 (E )75 (C )170
21 (E )80 (C )180	22 (E )85 (C )200	23 (E )90 (C )220	24 <b>(E)Rest</b> <b>(C)Rest</b>	25 (E )90 (C )250	26 (E )95 (C )260	27 (E )100 (C )270
28 (E )105 (C )280	29 (E )110 (C )290	30 (E )120 (C )300	31 <b>(E)Rest</b> <b>(C)Rest</b>			

Recent Monthly Health Challenges have included:

- Jumping Jacks
- Squats
- Wall Sits
- Sit Ups
- Much More!



Most challenges are available in Spanish. To view all our Monthly Health Challenges, visit [www.GetHealthyCT.org](http://www.GetHealthyCT.org) under the “Physical Activity” tab and check back monthly for new challenges to be added!

**For more information, please visit [www.GetHealthyCT.org](http://www.GetHealthyCT.org)**  
**Let's work together to help make the healthy choice the easy choice in the workplace!**