

IDEAS (NOT EXHAUSTIVE) ON WAYS TO EARN WELLNESS REWARDS ON WebMD:		
2 pts each	10 pts each	50 pts each
limited to 10 pts/quarter	limited to 50 pts/quarter	limited to 50 pts/quarter
HEALTHY HABITS - SMALL STEPS	GETTING STARTED - STEPPING IT UP	LIFETIME GOALS - RAMPING IT UP
Join a training group	Park the car far away from the entrance more often than not	Run a marathon
Buy gear: athletic shoes	Go for a day hike	Participate in a tri-athlon/IronMan
Purchase a pedometer	Play sports - medium (can speak, but not sing) to high intensity (can do neither) for at least 60 mins	Participate in the Seattle-to-Portland or similar cycle-event
Sign up (and pay if required) for yoga or stretching class	Play a soccer, volleyball, basketball, baseball game at least 90 min in length	Go through "Basic Training" for the military
Purchase or rent yoga cassette/DVD	Yoga 60-90 min. at least once a week	Reach the BMI (Body Mass Index) for your height
Find a workout buddy	Walk 7,500 - 10,000 steps a day at least 3 days in a week	
Purchase reflective gear for use while walking/running/biking/etc.	Plant a flower or vegetable garden	
Locate self-defense training in community	Take the dog for a long walk at least 3 days in a week	
Download information from WebMD about breast or prostate screening	Take self-defense training	
Locate CPR/First Aid training in community	Take CPR/First Aid training	
Sign up for gym/fitness/healthclub membership	Spend 1/2-1 hour at gym/fitness facility at least 3 days in week	
Attend SPU "Lunch, Listen, Learn" sessions: Coming Soon!	Actively participate in weight loss program 10 weeks or more	
Drinking liquid (8 x 8oz. Glasses for a week)	Go backpacking for at least one overnight	
Fly a kite	Go for a 5+ mile run	
Reduce screen time (TV/video/computer) at home 1/2 hour	Participate in a walk / run of 5K or more	
Do housework (i.e. vacuum), with exaggerated movements (try music too!)	Take a scenic kayaking, canoeing, or rowing trip for a couple hours	
Get a tune-up on your bike	Take martial arts	
Walk up and down entire length of mall	Walk or bike to work most workdays	
Play "HORSE" with the kids (or your spouse!)	15+ mile bike ride	
Play "tag" with the kids	Take the stairs over the elevator more often than not	
Do a deep scrub of the showers/tubs	Mow the yard, shovel snow, rake leaves or other yardwork for 1 hour or until sweating	
Take your measurements	Skip rope or jump on a trampoline until you're sweating	
Give up the remote control for a week	Go rock climbing	
Put workout clothes in your trunk	Get a personal trainer - and train!	
Keep full bottle of water in your fridge to grab and go	Go golfing	
Use your break at work to take a walk or stretch	More often than not - set a sleep routine at about the same time every day (even weekends)	
Tell 3 jokes or funny stories ("clean" & not at someone's expense)	Find 3 healthy recipes and cook them	
Start a daily Journal	Contact the Employee Assistance Program (see HR Website)	

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Sincerely compliment 3 people	Keep a Stress Journal for one week: identify and rate activities on a scale	
Start a fitness Journal	Take a parenting course	
Send an e-mail to mccric@spu.edu with more ideas!	Take a relationship development course	
Get a massage	Do daily devotions/prayer more often than not	
Go berry picking	Meet with a Nutritionist	
	Do water aerobics at least 4 times a month	
	Lose 10% - 20% of your body weight	
	Swim laps at least 5 times a month	
	Go dancing!	
	Earn an award for participating in the President's Fitness Challenge: http://www.presidentschallenge.org/	
	Play miniature golf or hit a bucket of balls	
	Handwash and/or wax a vehicle	
	During an hour of TV, do ab-crunches, squats, or pushups every commercial (3 days in a week)	