

October Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Join us by sending the words “Challenge Accepted” in the Questions section on the panel during any live Virtual Well-Being session.</p>				<p>1 Assess your food intake by creating a food journal. Log your meals and snacks each day.</p>	<p>2 Find time for at least 20 minutes of cardiovascular activity. This could be walking, running, biking, swimming or playing your favorite sport.</p>	<p>3 Start a journal or, if journaling is new to you, watch the VWB presentation on Journaling.</p>
<p>4 Meditate for at least 5 minutes or try this 5-minute Meditation for Beginners.</p>	<p>5 Write a note of thanks to someone who has supported you and provided comfort.</p>	<p>6 Try a new yoga flow or try this yoga session on Sun Salutations.</p>	<p>7 Enjoy nature in any way you love! Have your cup of coffee outside or take time to enjoy the sunset.</p>	<p>8 Practice a self-care activity today and remember to be kind to yourself. Or learn more about Self-care at home.</p>	<p>9 Try a new exercise or get the family involved with Fitness Games with Kids.</p>	<p>10 Practice mindful eating by setting your utensils down after each bite.</p>
<p>11 Meditate for at least 5 minutes or try this meditation on Relaxation.</p>	<p>12 Find your purpose. If interested in learning more, check out Finding Your Life’s Purpose.</p>	<p>13 Functional fitness is about preparing the body for real life movements. Try a new plan or check out our Functional Fitness workout.</p>	<p>14 Find an old music album that you love and give it a listen. Bonus points if you listen to it outside.</p>	<p>15 Today, aim to do kind things for others without expecting recognition.</p>	<p>16 Find a new trail in your area and go for a walk. Make sure to bring water with you and dress for the weather.</p>	<p>17 Drink a glass of water when you wake up and before every meal.</p>
<p>18 Meditate for at least 5 minutes or try this meditation on Joy.</p>	<p>19 Take a mental vacation with a quick breathing exercise or watch Be Present, Be Well to help with stress and anxiety.</p>	<p>20 Spend 20 minutes engaging in resistance training or try the Ruck Plate Fitness video to add muscle confusion to your workout routine.</p>	<p>21 Revisit an old hobby or learn a new craft. Be sure to watch Crafts for Well-being if you are looking for ideas.</p>	<p>22 Write 3 to 5 things you are grateful for today.</p>	<p>23 Take a walk and take a picture of your favorite tree to share with friends and family.</p>	<p>24 Have a fruit and vegetable with every meal.</p>
<p>25 Meditate for at least 5 minutes or try this meditation on Breath.</p>	<p>26 Reach out to people in your circle today. Learn more about the power of Reversing loneliness.</p>	<p>27 Start your day with a Quick and Healthy Smoothie or find your own recipe to get more servings of fruits and vegetables.</p>	<p>28 Create a vision board for the new year for yourself and your family. Learn more about Using a vision board.</p>	<p>29 Take a digital detox from social media. Learn more about how to have a Digital Detox at Home.</p>	<p>30 Walk on your lunch break and get a healthy dose of vitamin D. Learn more of the health benefits on Take It Outside.</p>	<p>31 Pay it forward. Do something generous for someone you love or even an unfamiliar person.</p>

*All underlined links are on www.bluecrossvirtualwellbeing.com located on the Member page under the past webinars tab.