

February Mindfulness Challenge: 5 Days of Mindful Action

Mindfulness has been shown to reduce stress, boost memory and improve focus. Bonus - it's free! Complete this challenge to add some mindful actions to your day and experience the health benefits for yourself!

Rules: Pick a week in February to complete this challenge and enhance mindfulness! Choose 1 mindful action from each category over the course of 5 days (one action per day). Check off the action once you've tried it. Complete the challenge and be entered into a raffle for a \$70 gift card to North River Body Therapies (courtesy of North River) where you can further relax your body with a massage, yoga, or other treatment (can not be used for off-site group fitness copay).

Mindfulness Meditation	Morning Movement And Mindfulness	Office Productivity Breaks	Group Fitness Classes On or Off-Site	NightTime Wind Down
<input type="checkbox"/> Body Scan Video <input type="checkbox"/> Progressive Muscle Relaxation video <input type="checkbox"/> Intro To Breathing <input type="checkbox"/> Guided Meditation Class <i>(Wed, 11:30am, Admin Bldg)</i> <input type="checkbox"/> Use a meditation app for 5-10 min <i>(Free Apps include: Calm, Relax Meditation for Sleep, Headspace)</i>	<input type="checkbox"/> No Screens for first 30 min after waking up <input type="checkbox"/> 5 min Back & Hip Stretches* <input type="checkbox"/> At Home Meditation/Yoga Video <input type="checkbox"/> Get up 5 min earlier for 5 min of alone time	<input type="checkbox"/> 5 minute Upper Body Stretch* <input type="checkbox"/> 10 min walking break to clear mind <input type="checkbox"/> 5 Min Low Back & Leg Stretch* <input type="checkbox"/> Come to Fitness Center during break to walk or stretch* <input type="checkbox"/> Take a 10 min music break to reset your mind	<input type="checkbox"/> Foam Rolling <input type="checkbox"/> Power Stretch <input type="checkbox"/> Yogalates <input type="checkbox"/> Yoga (any style) <input type="checkbox"/> Tai Chi <input type="checkbox"/> Pilates <input type="checkbox"/> Home Yoga Video	<input type="checkbox"/> No Screens 1 Hour before Bed <input type="checkbox"/> 5 min Hips & Back Stretches* <input type="checkbox"/> Try Eagle Pose* for 30 seconds on each side <input type="checkbox"/> Sit & Enjoy Dinner

CHALLENGE ACCEPTED!

Submit completed challenge card to the fitness center or scan/email to aminardi@manateeyourchoice.com. Must be received by 5pm on February 28th to be entered into the raffle.

Participant Name

Date

Phone Number

Email Address

*See page 2 for pictures of specific Stretches



Back and Hip Stretches

Perform these 5 stretches 2X -3X each (15-20 second hold for each pose).

Hips:



Back:



Upper Body Stretches

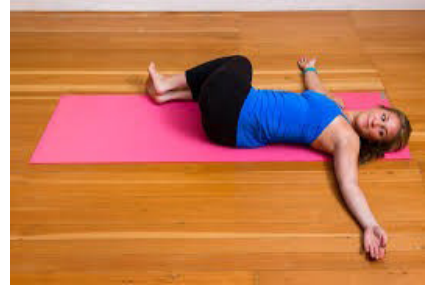
Perform these 5 stretches 2X -3X each (15-20 second hold for each pose).



Low Back and Leg Stretches

Perform these 4 moves 2X – 3X times for 15 seconds each.

Low Back Releases:



Leg Stretches:



Eagle Pose:

Try Eagle Pose for 30 seconds on each side.

