

# Try Something New Challenge

It is important to try something new to keep your body and brain working optimally. Choose a day, week, month, or quarter, and try some of these suggestions. Keep track of what you tried and make a note of how you felt about it. While there is no financial prize, you may find that your mind and body benefit from trying something new.

## NUTRITION



- Try a new vegetable
- Try cooking one of your favorite restaurant meals at home
- Try eating your breakfast at the table
- Try eating vegetarian for the day
- Try eating lunch outside
- [Try tracking your salt intake](#)

## MOVEMENT



- Try getting up and walking around 1x/ hour
- Try going for a 15 min walk at lunch or in the evening
- Try walking an extra flight of stairs
- Try a new fitness class
- Try a walking or cycling meeting with your coworkers
- [Try Some desk Stretches](#)

## SELF-CARE



- Try giving a stranger a compliment
- Try giving yourself a compliment when you wake-up
- Try putting screens (Phone, TV, Computer) away 1 hour before bedtime
- [Try a guided meditation](#)
- Try giving yourself 10 min each day to read a book, magazine or newspaper
- Try watching a [Ted Talk](#) on a topic that interests you

## HYDRATION



- Try adding 1 glass of water to your day
- [Try fruit infused water](#)
- Try drinking hot lemon water at night
- Try replacing soft drinks with seltzer
- Try eating more water-based foods (fruit, lettuce, celery, cucumber, melons)
- Try tracking how much water you drink

## OTHER



- Try putting \$1 in a piggy bank every day
- Try checking your blood pressure (most worksites have a monitor available)
- Try driving a new route to work
- Try to avoid the news (on radio, TV, phone, social media, etc.)
- Try picking up litter in your neighborhood, at the beach, or wherever you are

# Self-Reflection

**What were your top 3 favorite things that you tried?**

1.

2.

3.

**What were you surprised you enjoyed trying/doing?**

**Is there anything from this challenge that you want to keep doing and build into your routine?**

1.

2.

3.

**Are you looking for accountability or guidance and support? We're here to help!**

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