360 SUMMER CHALLENGE

Join the City of Fond du Lac Wellness Team **May 30 - July 3** to try new challenges that focus on physical (exercise/nutrition) AND mental health!

10 people will win a $25 gift card to either Bagelmeister, Downtown Deli or En.Courage Nutrition

3 people will be able to choose a larger prize from the following list: Apple AirPods 2, Attitude Sports Gift Card, FDL Cyclery Gift Card (approx. $200 value)

Each week a new column of challenges will come out. Try as many new challenges as you can because each challenge completed results in one entry into the $25 gift card drawing AND your chance to get a BINGO. All BINGOS result in one entry into the larger prize drawing (yes, you can complete past week challenges up until the deadline to get as many BINGOS as possible.) Also, feel free to share this challenge with the family! Spouses are eligible to compete too. No sign up necessary, just submit your BINGO sheets to Kristen Theisen (ktheisen@fdl.wi.gov) by Thursday, July 10th in order to be entered in the drawings.

B	I	N	G	O
Week 1 (May 30-June 5)	**Week 2 (-June 12)**	**Week 3 (-June 19)**	**Week 4 (-June 26)**	**Week 5 (-July 3)**
Get up and move during commercials (or at least every 15 minutes) while watching TV	Re-live your childhood by completing 2 of these options: jump rope, hula hoop, roller skate/blade, play catch	Make your workout incrementally harder 3 days this week (add a minute or two to your cardio/additional reps to your strength workouts)	Add 5-10 minutes of stretching to your workouts	Give at least 3 compliments **daily** this week
Complete at least 30 pushups **of any kind** this week (all at once or in increments)	Search YouTube for a new exercise video and complete it (dance, yoga, etc.)	Do balance exercises 2-3 times this week	Stay off of social media (Facebook, Twitter, Snapchat) for 2 full days this week	Try a racquet sport (pickle ball, tennis, racquetball, badminton)
Exercise with a friend, family member, or pet 3 times this week	Eat 2 fruits **each day** this week	Calculate how much water you should be drinking and do this for at least 3 days this week	Try a new walking or running route at least 2 times this week	Pack yourself/eat a healthy lunch 3 days this week
Calculate your target heart rate range and complete 3 workouts within that range	Park further away from all entrances for a week (work, grocery stores, etc.)	Take the stairs this week	Go meat-free this week for 2 **consecutive** days	Complete at least 10 minutes of planks this week (all at once or in 1 minute increments)
Meditate for 15 minutes at least 3 times this week	Complete all of the stretches on the Agnesian handout at least 3 days this week	Take advantage of one of the many activities available at our parks: Frisbee golf, kayak rentals, exercise equipment, walking trails, etc.	Complete at least 20 minutes of leg exercises of **any kind** this week (all at once or in increments)	Sign up for or participate in a local run/walk for charity

Resources will be posted weekly on the City's HR website (www.fdl.wi.gov/hr/employee-resources/wellness/). If you have any concerns with the activities above, please reach out to Chrissy Boe, Wellness Specialist at SSM Health. She can be reached at 920-926-5678.