

"Wellness is...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - The World Health Organization

# UC Davis **Mind Body** Wellness Challenge

*Adopt a new healthy habit and keep it up for seven weeks!*

The challenge begins Friday, January 27, 2012  
and ends Friday, March 16, 2012

*Additional details and registration information on reverse side of this page.*

**Wellness** is a dynamic process of change and growth whose goal—maintaining personal health in all dimensions of life, including physical, social, emotional, intellectual, environmental, occupational and spiritual—requires individualized choice and action.

The importance of developing and maintaining healthy lifestyle habits, regardless of your age, cannot be overstated. A very high percentage of older Americans today have at least one chronic condition that affects their ability to lead an active life. Most of these chronic diseases develop over the course of 30-40 years as a result of unhealthy habits. Three behaviors—poor diet, lack of exercise, and smoking—are the primary causes of the nation's leading chronic diseases: heart disease, cancer, stroke and diabetes. Changing these behaviors greatly reduces your risk of developing a chronic disease. After eliminating the "big three," it is important to adopt healthy habits in all aspects of your life.

The **Wellness Wheel** shown here highlights seven different dimensions of wellness and stresses the importance of nurturing all seven dimensions to achieve optimal health. We challenge you to choose a dimension, choose a habit, and make a change for the better. But don't stop with just one change. The more healthy habits you adopt, the better your chances of enjoying a lifetime free of chronic ailments. Why wait? Pick a healthy habit and start today!



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**Physical Wellness** relates to maintaining a healthy body through exercising, eating well and getting adequate sleep/rest.

- Eat 5–10 servings of fruits and vegetables each day.
- Eat foods as close to their natural state as possible.
- Increase whole grains (pasta, rice, flour, etc.) to replace refined grain options.
- Maintain a healthy weight—if overweight, reduce caloric intake and/or increase physical activity.
- Get 30–60 minutes of physical activity daily, including balance training and weight-bearing exercise.
- Get adequate rest—try to get 7–8 hours of sleep per night and/or take a nap during the day.
- If you smoke or chew tobacco, start a cessation program.
- Choose your own healthy habit in this category.

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**Social Wellness** includes developing and nurturing relationships with others and creating a support system.

- Become active in a club, group, or organization.
- Call or write to far-away friends or family.
- Cultivate new friendships outside of your family.
- Turn off the TV/computer and interact with people.
- Maintain regular contact with a lonely person.
- Choose your own healthy habit in this category.

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**Emotional Wellness** involves acknowledging feelings and improving skills for self-care, relaxation and stress reduction.

- Engage in positive self-talk.
- Seek emotional support when necessary.
- If you like animals, adopt a pet—they love unconditionally.
- Pamper yourself regularly—take a walk, soak in a bath, get a massage, daydream.
- Choose your own healthy habit in this category.

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**Intellectual Wellness** involves expanding knowledge/improving skills through scholastic, technical, or cultural endeavors.

- Learn/practice a challenging skill.
- Delve into current events.
- Read a classic or intellectually stimulating book.
- Attend a lecture or watch/listen to an educational show.
- Learn a new language.
- Choose your own healthy habit in this category.

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The challenge is sponsored by the UC Davis Retiree Center, with support from Atria Covell Gardens, Bright Horizons, Fleet Feet, Optum Health, Sodexo, Woodland Healthcare, UC Davis Health System (Human Resources and Internal Medicine), and the following UC Davis departments: Intercollegiate Athletics/Physical Education, Occupational Health, Office of the Provost and Executive Vice Chancellor, Osher Lifelong Learning Institute (OLLI), Reprographics, Staff Assembly, Student Health and Counseling Services, Student Housing, TAPS goClub, and WorkLife.

**Environmental Wellness** relates to understanding and becoming conscientious of one's impact on the environment.

- Ride your bike, walk, or take public transportation instead of driving.
- Recycle and compost.
- Plant and tend a garden.
- Use natural cleaning products.
- Choose your own healthy habit in this category.

**Occupational Wellness** is about finding personal satisfaction and enrichment from paid or unpaid work endeavors.

- Create a balance between work and leisure.
- Practice safety every day—Think safe. Act safe. Be safe.
- De-clutter and organize your workplace.
- Find ways to make your vocation/avocation challenging and meaningful, or find another opportunity.
- Choose your own healthy habit in this category.

**Spiritual Wellness** involves seeking meaning and purpose through religious faith, values, ethics, and/or moral beliefs.

- Deepen your existing spiritual or religious commitment or seek out a new tradition.
- Learn/practice meditation, yoga or tai chi.
- Take time to quietly reflect each day.
- Forgive freely.
- Choose your own healthy habit in this category.

The UC Davis **Mind Body Wellness Challenge** begins Friday, January 27, 2012, and ends on Friday, March 16. Anyone can participate whether or not they are UC Davis affiliates. To join the challenge:

- Choose a dimension of the **Wellness Wheel**, and then choose one healthy habit in that area.
- Register for the Challenge online at <http://wellnesschallenge.ucdavis.edu>.
- Track your progress on a daily basis, using either the tracking chart below or an online option (recommendations for some online options can be found on the Wellness Challenge website).

If you successfully develop a healthy new habit, treat yourself to something special. But don't stop there! Continue your new habit as a lifelong change or choose another habit and challenge yourself again.

**Challenge kick-off events:**

**Davis campus:** Tuesday, January 24, 11:30 a.m.-1:30 p.m. UC Davis Conference Center ballrooms

**Sacramento campus:** Wednesday, January 25, 11:30 a.m.-1:30 p.m., Marriott ballroom

Come to a kick-off event to learn more about the challenge, register if you haven't already done so, pick up a challenge t-shirt while supplies last, obtain important health screenings, and enter to win door prizes.

**Challenge wrap-up events:**

Everyone who completes the challenge will be invited to the wrap-up program where they can learn more strategies to maintain lifelong wellness, celebrate their success, and enter to win door prizes.

For additional information about wellness and the many campus wellness resources available to staff, students, and others, visit the UC Davis Wellness Portal at <http://mywellness.ucdavis.edu>.

UC Davis **Mind Body Wellness Challenge tracking chart**

	S	M	T	W	R	F	S
<b>Wk 1</b>						1/27	1/28
<b>Wk 2</b>	1/29	1/30	1/31	2/1	2/2	2/3	2/4
<b>Wk 3</b>	2/5	2/6	2/7	2/7	2/9	2/10	2/11
<b>Wk 4</b>	2/12	2/13	2/14	2/15	2/16	2/17	2/18

	S	M	T	W	R	F	S
<b>Wk 5</b>	2/19	2/20	2/21	2/22	2/23	2/24	2/25
<b>Wk 6</b>	2/26	2/27	2/28	2/29	3/1	3/2	3/3
<b>Wk 7</b>	3/4	3/5	3/6	3/7	3/8	3/9	3/10
<b>Wk 8</b>	3/11	3/12	3/13	3/14	3/15	3/16	

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