



90 DAYS OF WELLNESS

For the last three months of the year, challenge yourself with the “90 Days of Wellness.” Each day there is tip or challenge to accomplish. Do what you can. Just have fun with it. Challenge family members, friends, and neighbors to join along with you.

For employees and spouses enrolled in the State’s medical plan, in the Hub there is a group specifically for the the 90 Days of Wellness.

Visit das.ohio.gov/wellness, click **The Hub** tile and log in.

Search for the “90 Days of Wellness” group in the in the Friends tab in the top menu (Friends>Groups) and join!

Share anything you have accomplished along the way.

This group is to be a community where people can come together and support each other.

Print the calendars and get started!

90 Days of Wellness

October 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1</p> <p>On the State's medical plan? Join the 100 Days of Wellness group on the Virgin Pulse app!</p>	<p>2</p> <p>Have you taken your Health Assessment? Create a Virgin Pulse account and earn \$50! (medical plan only).</p>	<p>3</p> <p>Take a joy ride this weekend! Whether you drive, bike, rollerblade or even walk, exploring new places can be a lot of fun!</p>
<p>4</p> <p>Set a dinner menu for the week. Having a plan can help you make more nutritious food choices & helps to save money</p>	<p>5</p> <p>If you're struggling with work-life balance, recruit some help from your support system! Ask a loved one to remind you of your commitment to unplug after-hours.</p>	<p>6</p> <p>Focus on your breathing. This isn't just important for meditation; it's also important for exercise endurance & performance.</p>	<p>7</p> <p>Do you doodle? Drawing can help you manage stress & promote relaxation.</p>	<p>8</p> <p>Reduce stress by tackling the simple tasks on your to-do list first. You'll start your day feeling accomplished & motivated!</p>	<p>9</p> <p>Check out your local metroparks for trails and get those steps in!</p>	<p>10</p> <p>Sneak some movement into your routine — dance while you do chores, do some squats during commercial breaks or take a walk on your lunch hour!</p>
<p>11</p> <p>Trying new foods can be intimidating. Sign up for an online cooking class to learn how to prepare delicious, healthy meals.</p>	<p>12</p> <p>Do you track your habits? Log on to the Virgin Pulse Hub to start tracking daily habits!</p>	<p>13</p> <p>Catch up with a friend and get some extra steps in tonight—take a walk while you talk on the phone!</p>	<p>14</p> <p>Plan an after-hours virtual meeting with your coworkers — no work talk allowed!</p>	<p>15</p> <p>Don't wait for the weekend to catch up on sleep! Hit those 7-9 hours by going to bed & waking up around the same time each day.</p>	<p>16</p> <p>If you haven't already, schedule your flu shot.</p>	<p>17</p> <p>We're ready for all things apple & pumpkin spice—check out local farms and apple picking in your area!</p>
<p>18</p> <p>Staying active at home can be challenging- check out the Wellbeats app (on the VP portal)</p>	<p>19</p> <p>Get some peace of mind by clearing out some clutter. A clean space at home can help to quiet your thoughts.</p>	<p>20</p> <p>Make one meeting this week a walking meeting. Working remotely? Dial in from your phone and take a lap!</p>	<p>21</p> <p>Watch a comedy, spend time talking to your funniest friend, read an amusing book—laughter is a great stress reliever.</p>	<p>22</p> <p>Avoid burnout and increase productivity—set a reminder to step away from work and move for 5 minutes every hour</p>	<p>23</p> <p>Take a screen break this weekend—plan some time to relax with a book, spend quality time with your pets and family or take a scenic drive.</p>	<p>24</p> <p>Start your day by drinking a glass of water. Can you make it to 8 cups today?</p>
<p>25</p> <p>Reflect on your week and forgive yourself for any slip-ups. It's ok to make mistakes!</p>	<p>26</p> <p>Challenge yourself to practice 3-5 minutes of mindfulness prior to looking at your phone or TV each morning this week.</p>	<p>27</p> <p>Spending even 5 minutes around trees can improve your health. Take a walk in the park or sit in a green space on your lunch break.</p>	<p>28</p> <p>Do a quick body scan and notice any tension you might be holding in your body. Close your eyes and focus on relaxing those tense muscles.</p>	<p>29</p> <p>Be Kind! Give someone a compliment or go out of your way to help someone.</p>	<p>30</p> <p>Set yourself 3 goals to achieve in the next 30 days. Write them out and put them on your mirror as a daily reminder!</p>	<p>31</p> <p>Happy Halloween!</p> <p>Give in a little. Give yourself some grace and have that piece of candy!</p>

90 Days of Wellness

November 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Are you struggling to achieve your wellbeing goals? A health coach might be the answer you're looking for. Go on the Virgin Pulse app to get signed up today!</p>	<p>2</p> <p>Keep your mind engaged while you unwind. Try a crossword puzzle or word search after dinner!</p>	<p>3</p> <p>Time for a stretch break! Check out the one-minute stretch breaks on the Wellbeats app!</p>	<p>4</p> <p>Start your month off right — schedule some “me time” add it to the calendar.</p>	<p>5</p> <p>When was the last time you checked in on your wellbeing goals? Take a few minutes today to revisit your goals & start working towards them with intention.</p>	<p>6</p> <p>Get up, stand up! Stretch at your workstation for improved blood flow.</p>	<p>7</p> <p>Weekend challenge: Encourage employees to turn off their email notifications until Monday!</p>
<p>8</p> <p>Challenge yourself to try a new exercise this week. From barre to yoga to kickboxing, there are tons of free videos available online!</p>	<p>9</p> <p>Add a potted plant to your workspace, it'll boost your mood!</p>	<p>10</p> <p>Reduce your sodium intake without sacrificing flavor. Give your food a boost with fresh or dried herbs and spices.</p>	<p>11</p> <p>Write down 5 things you're grateful for today.</p>	<p>12</p> <p>Did you know that better sleep = better mood? Hit the hay 30 minutes early tonight</p>	<p>13</p> <p>Mindfulness, physical activity, and personal relationships all play an important role in helping employees avoid loneliness, especially for a remote workforce.</p>	<p>14</p> <p>Practice positive thinking — it can improve both mental and physical wellbeing.</p>
<p>15</p> <p>Digital Detox: Put your devices on silent and put them out of the way for one hour.</p>	<p>16</p> <p>Mindful Monday: Focus on your breathing for 5 minutes.</p>	<p>17</p> <p>De-stress by adding 15 minutes of self-care to your daily routine.</p>	<p>18</p> <p>Why sit when you can stand and burn more calories? Ask everyone to stand up during your next meeting.</p>	<p>19</p> <p>It's never too early to create a budget for holiday spending. Start planning today to reduce financial stress in the future.</p>	<p>20</p> <p>Looking for a one-minute, full-body workout? Hold a plank for as long as you can!</p>	<p>21</p> <p>Take 7,000 steps today.</p>
<p>22</p> <p>Make a plan to volunteer for or donate to a cause that's important to you—it feels good to give back!</p>	<p>23</p> <p>Download a podcast and learn something new on your lunchbreak.</p>	<p>24</p> <p>Go ahead and daydream. Reliving happy memories can bring a dose of positivity and selfawareness to your day.</p>	<p>25</p> <p>Feeling sluggish? Aim to drink eight 8 oz glasses of water today.</p>	<p>26</p> <p>Nutrition Tip: Happy Thanksgiving! Turkey is rich in protein, amino acids, potassium and other important nutrients</p>	<p>27</p> <p>Get Black Friday deals and some steps by heading to the store instead of shopping online.</p>	<p>28</p> <p>Plans to go out tonight? Challenge yourself to choose something healthy and get back on track!</p>
<p>29</p> <p>Challenge: See if you can get in 5 fruits and veggies today.</p>	<p>30</p> <p>Monday Motivation: Look back at the month and give yourself credit for your accomplishments.</p>					

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December 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 Aim for 10,000 steps today!</p>	<p>2 Take 5 minutes to check in with yourself — are you productive, happy and well-rested?</p>	<p>3 Don't rush through lunch. Practice mindful eating for a more nourishing break</p>	<p>4 Challenge a friend to a weekend step-off!</p>	<p>5 It feels good to do good! Make a donation to a local charity or food bank.</p>
<p>6 Try a yoga class or guided meditation and start the week with a calm mind. Self-guided sessions can be found on the Whil app!</p>	<p>7 Get into the true holiday spirit: volunteer at a local food shelter this weekend or host a toy drive.</p>	<p>8 Write down 5 things you're grateful for today.</p>	<p>9 On a budget this holiday season? Plan a gift exchange! You'll all save a little money and have a lot of fun!</p>	<p>10 Center yourself and get a little exercise by trying walking meditation. Focus on how it physically feels to walk, take in the sights and sounds around you.</p>	<p>11 Keep your employees motivated during the holidays by keeping them happy. To do this, focus on relationships and recognize achievements.</p>	<p>12 Colder temps can trick us into thinking we don't need to drink as much water. Add a water tracking habit to your Virgin Puse app!</p>
<p>13 Create yourself a "happy" playlist! Put together all those songs you love and dance it out!</p>	<p>14 Stay on track between holiday parties by preparing your meals at home this week.</p>	<p>15 Wake up 15 minutes earlier today and squeeze in a workout, stretching or meditation to set yourself up for a healthier, more productive day</p>	<p>16 Midweek Motivation: Every day is a fresh start. If you've gotten off track, know that you can get right back to healthy habits at any time!</p>	<p>17 Need a fun way to stay hydrated at holiday parties? Bring your own sparkling water infused with fresh herbs and fruit for flavor.</p>	<p>18 Check out Foodsmart(Zipongo) and find a new recipe to try this holiday season!</p>	<p>19 Have you completed your Health Screening yet? Schedule an appointment at a Quest location or with your physician (don't forget your form!)</p>
<p>20 It's National Ugly Christmas Sweater Day! Boost mood and morale by hosting an ugly sweater day at your workplace.</p>	<p>21 Find an affirmation and say it 10 times to yourself each day this week. BELIEVE IN YOURSELF!</p>	<p>22 Call up a friend or family member and let them know you are thinking about them.</p>	<p>23 Workout Wednesday: Take this time to get moving and try something new – even for just 10 minutes.</p>	<p>24 Bake your cookies & eat them too! Plan a nutritious lunch and dinner, watch your portions, and take time to really enjoy dessert.</p>	<p>25 Relax! Take this time to disconnect from your electronics and enjoy time with the ones you love.</p>	<p>26 Cleaning up during the holidays is a workout. Ramp things up by squatting while you put things away, lunging while you vacuum and dancing to some fun music.</p>
<p>27 Plan some "me-time" this weekend to help you unwind from the busy holiday season.</p>	<p>28 Make today your hardest workout of the week. You can rest later!</p>	<p>29 Reflecting on the year coming to an end, sign up with a health coach and start the year off on the right foot!</p>	<p>30 Stock up on your healthy favorites and head into 2021 with a fridge full of produce and nutritious snacks!</p>	<p>31 New Year's Eve: Celebrate tonight and get ready to kick off those 2021 resolutions tomorrow!</p>		