

What's on your Someday I Will List?

Bucket List Challenge

Beginning Date: 10/04/2010 Concluding Date: 11/15/2010

The University of Hartford focuses on educating students as well as faculty and staff. As part of this education the Wellness Committee is back to help reinforce wellness for faculty and staff. As part of the Wellness kickoff, the Committee is encouraging employees to increase their level of overall well being.

In the movie, “The Bucket List”, characters played by Jack Nicholson and Morgan Freeman escaped a hospital, setting out on a road trip to do those things they always dreamed of doing. The Wellness Committee is challenging you to focus on correcting the little things we can on a daily basis to get us all on the path of wellness and wellbeing.

This bucket list activity allows you to set and work towards personal goals, receive personal gratification, and recognize areas in your life where there may be opportunities to eat more healthily, and reduce stress. This activity is designed to allow you to pay more attention to the little things in your daily life and to make you aware of the impact of these little things. *You hit the snooze button one too many times, and now you are rushing to get ready for work. There is no way you have time for breakfast, but that's not a big deal, right?*

To make the Hawk Walk more interesting, the Wellness Committee is initiating the “*Bucket List*” challenge. The Wellness Committee recognizes the importance of simple behaviors that may help employees start embracing a more healthful life. Attached is the University’s version of the “*Bucket List*.” The purpose of the Wellness Committees list is to help employees incorporate exercise and other healthful activities into their daily routines.

Purpose:

- To incorporate simple, self gratifying behaviors into your everyday routine and help you experience a feeling of overall wellbeing.

Guidelines:

- Employees begin the challenge on October 4, 2010, in conjunction with the Hawk Walk, completing the items on the UhartWell Bucket List.
- Beside each item, write the date you met the challenge. For example, if you eat “fruit for your dessert” on October 10th, write that date in the space provided.
- Make notice of the changes you experience and feel as you work towards healthier choices and receive personal gratification.
- This challenge is based on the honor system. The point is to complete these challenges to the fullest and see if you see change. Cheating only hurts you in this challenge.

DATE	THE UHARTWELL BUCKET LIST (October 4, 2010 – November 15, 2010)
	Eat fruit for your dessert today.
	Take the stairs instead of the elevator today.
	At dinner, make sure half your plate is vegetables today.
	Try brown rice or whole wheat pasta today.
	Try and touch your toes 15 times today. (or more!)
	Try a new fruit or vegetable today.
	Park your car far away from the door you enter for work today.
	Ask for salad dressing "on the side" today.
	Don't eat anything after 7 p.m. today.
	Eat slowly at each meal today.
	Walk to a co-worker's desk instead of e-mailing or calling today.
	Do not add any sugar today.
	Drink a glass of water before breakfast today.
	Drink a glass of water before lunch today.
	Drink a glass of water before dinner today.
	Arrive 15 minutes early to an appointment today.
	Add at least 1,000 steps to your daily routine today.
	Walk around your building today.
	Pamper yourself today.(i.e. get a manicure, get a massage, take an hour for yourself, hit golf balls)
	Eat only when you are sitting down today.
	Split an entrée with someone today.
	Invite a friend to take a walk with you today.
	Do not drink any kind of soda today. (includes diet soda)
	Do not eat anything while watching TV today.
	Do not eat any junk food today.
	Get up and move around while talking on the phone today.
	Dance to a favorite song today.
	Keep a log of what you eat today.
	Be conscious of portion sizes today.
	Smile and laugh often today.
	Eat breakfast sitting down today.
	Exercise during the commercials of your favorite TV show today. (push ups, sits ups leg lifts, etc)
	Stretch at least five times today.
	Skip the drive up window today. Get out of your car and order your food/coffee.
	Use skim or soy milk today.
	Stand instead of sit as much as possible today.
	Do squats while you brush your teeth today.
	Drink 8 glasses of water today.
	Park your car far away from the mall/store entrance and walk today.
	Take a brisk 15 minute walk today.
	Hug someone today.
	Eat 5 servings of fruits/vegetables today.
	Walk/run one mile today.
	Count the fat grams you eat today.
	Read an article on wellness/health today.
	Give or receive a back rub today.
	Do 5 shoulder rolls twice today to release tension in your neck and shoulders.
	Sit outside for 15 minutes and do absolutely nothing today.
	Do not use the salt shaker today.

	Ask that the bread or chip basket be removed from the table when dining out for dinner today.
	Veg up your sandwich today - (i.e.lettuce, sliced tomato, sliced red onions, roasted red peppers, avocado, etc.)
	Eat your meals on a smaller plate today.
	Limit caffeine to 1 serving today
	Sleep at least 7 hours today.
	Take a multi-vitamin today.
	Eat no trans fats today.
	Have your blood pressure checked today.
	Eat 1-2 whole grain foods today.
	Eat 1 serving of beans or nuts today.
	Eat at least 25 grams of fiber today.
	Write down at least 3 positive things about yourself today.
	NAME: _____