

BHG 2018 Wellness Program



Choose One Challenge per Season

Winter

January- February

New Year, New You Challenge

January 15th-February 14th

Kick 2018 off feeling great by completing just one small healthy behavior every day. Small steps over time lead to long-term habits and BIG results!

February- March

The “ No Diet” Diet Challenge

February 5th-March 12th

Tired of being told what to eat, but still want to lose weight or achieve health goals? You can! By being a bit more mindful about your eating environment and employing tips and tricks to help you feel more satisfied with less food. Do your best to earn points for as many of the 5 ‘No Diet’ tips and track your exercise minutes for 6 weeks. Each habit is worth 1 point.

Spring

March

21 Day Mindfulness Challenge

March 5th-March 25th

Follow a calendar with simple but effective behaviors to try each day. By the end of the month you will have new ways to manage stress and an overall more mindful way of living.

April-May

Walk with Me in the Berkshires

TBD

The goal of the program is to increase your step count each week. Walking is a great form of exercise and this challenge is a great way to either get started or keep up your walking regimen. For this challenge you will form teams ranging from 2 to 20 people and your team captain will register your team on the iBerkshires website (April Only).

Summer

June-August

Train for your First 5k

TBD

Log 90 minutes of walking/running each week to prepare you to be able to complete a 5 K race. This 6 week program will gradually help you go from walking to running utilizing interval training. A 3 day/week training plan will be provided for those of all fitness abilities. You will be encouraged (but not required) to sign up for and complete a 5 K race.

Hydration Challenge

August 1st-August 31st

Much like a car, your body is an amazing machine that needs fluids to operate efficiently. In fact, your body is more than 60% water, and even if you're not doing anything to work up a sweat your body gets depleted of water through its many processes. Put your hydration to the test and see what drinking more water can do for you. Aim for 48 oz. of water or more daily with this 4 week challenge. Drinks that count include plain water, herbal tea with nothing added, seltzer water and Hint brand water.

Fall

September-October

Walk October Challenge

October 1st-October 31st

Fall is the perfect time to get outside and walk more. Track the minutes you spend walking each day in October and challenge yourself to increase your minutes each week.

November-December

21 Day Gratitude Challenge

November 5th-November 25th

Practice daily acts of gratitude for one month

Half Plate Challenge

December 1st-December 31st

Do you want to lose weight & inches without being told what to eat? With the Half-Plate Rule there is nothing you can't eat. You just have to eat an equal amount of produce. At some point that extra piece of pizza isn't worth having to eat another ½ plate of salad!