



21 DAYS

OVERVIEW - WINTER/SPRING 2020

The Wellness Center and the Center for Wellbeing have teamed up in order to provide this winter's W.E.L.L. Event and 21 DAYS challenge. The health risks associated with a sedentary and sugar-filled lifestyle are concerning. Spend time researching online if you don't believe this to be true. In light of this reality, the entire Bethel community (students, staff, and faculty) are encouraged to invest in their wellbeing by modifying their lifestyle this winter.

Here's how you can participate:

- 1 **First:**
Stop by the W.E.L.L. Event on Tuesday, February 11 to learn more
- 2 **Second:**
While at the W.E.L.L. event, you have the option to head into the tent and step on the *InBody* body composition reader. You will receive a customized print out, detailing a number of things including your: basal metabolic rate, visceral fat level, skeletal muscle mass and other body composition information. (Head's up: You'll need to take off your shoes and socks to do this)

Please note: This information is not being provided to encourage people to go on a diet. Instead, this information provides you with baseline information pre 21 DAYS challenge. Post-challenge, visit the Wellness Center to learn what (if anything) changed in your body composition during the 21 DAYS.
- 3 **Third:**
Determine if you will work independently or with a team during this 21 DAYS challenge AND select a Level One, Level Two or Level Three challenge plans. (plans available at the W.E.L.L. Event and on the wellbeing website)
- 4 **Fourth:**
Register for the challenge. This can be done online at the W.E.L.L. event or on the wellbeing website. Everyone must register.
- 5 **Fifth:**
Begin the challenge on Monday, February 17th and do your best each day until Monday, March 9.
Habit formation is easier to accomplish if you:
 1. Write an Implementation Intention (e.g. "I will ride the bike in the wellness center for 30 minutes every weekday at 4 pm.")
 2. Habit Stack (e.g. "I will ride the bike right before I head home for the day.")
 3. Design your Environment (e.g. "I will pack a workout bag the night before and put it beside my backpack/laptop case.")
 4. Reduce Friction (e.g. "I will not walk through Royal Grounds on my way to the wellness center - so I don't stop and talk to friends and skip out on my bike ride.")
 5. Use Habit Tracking (e.g. "I will mark off each day I complete this task in the HabitShare app/on my challenge sheet. I'll do this in order to be honest with myself about my choices.")
 6. Work with a team

MOVE

SELECT A MOVE OPTION THAT WORKS WELL FOR YOU. IF UNCERTAIN, PLEASE SEE YOUR PHYSICIAN BEFORE ENGAGING ANY OF THE OPTIONS.



EAT

THE GOAL IS NOT TO GO ON A DIET. INSTEAD, YOU ARE CHALLENGED TO EAT MINDFULLY. CERTAIN FOODS WORK AGAINST YOU - TRY SUBSTITUTIONS THIS MONTH.

DOWNHOAD THE HABITSHARE APP AND INVITE YOUR TEAM MEMBERS TO BE YOUR 'FRIENDS' INSIDE THE APP. THIS WAY YOU CAN MONITOR EACH OTHER'S PROGRESS AND CHEER EACH OTHER ON.