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## 2022 WELLNESS FOR THE WIN

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Your San Joaquin County Wellness Gladiators have been hard at work preparing a wellness calendar for the 2022 calendar year that will delight, entertain, and set you on the path for a win. Whether you win a physical prize, or win the even better prize of a healthier happier you, there is something for everyone! Follow us at <https://sjcengage.com/wellness-gladiators/> to learn about all that we are offering this year.

Below is a list of some of the things that we hope will support you in your mission. There are several opportunities for individuals, departments and entire facilities to get involved.

### January –

- Launch of the **2022 Wellness for the Win** campaign (January 3)
  - Visit the Wellness Gladiators Page on [sjcengage.com](https://sjcengage.com)
  - **Feel Like a Million** wellness challenge launch (January 17 - March 13)
    - This challenge is an 8-week wellness challenge
    - Feel Like a Million board game-themed program to increase energy and help you feel your best. Each day you record one or more energy-boosting activities, you'll earn virtual dollars and experience progress by moving along the gameboard. Every activity is a move closer to achieving the goal of \$1 million virtual.
    - Registration begins January 3<sup>rd</sup> (prizes awarded to the first 25 staff to sign-up)
    - Challenge runs from January 17 – March 13 (prize awarded for the top score participant)
- Introduce the 1<sup>st</sup> Quarter **Wellness Warrior**
  - Many San Joaquin County staff are doing things that are extraordinary in the way of wellness.
  - Each quarter, the Gladiators will select, interview, and highlight a different staff member on the Wellness Gladiators page.
  - If you know of someone that you want to nominate as a Wellness Warrior (you can nominate yourself), please send an email to [sjcengage@sjgov.org](mailto:sjcengage@sjgov.org) with contact information so that we can reach out to those individuals
- Visit the course catalog on [sjcengage.com](https://sjcengage.com) to register and attend Physical, Professional, Mental & Financial Wellness classes

## February –

- Continue the **Feel Like a Million** wellness challenge (January 17 – March 13).
- Visit the course catalog on [sjcengage.com](http://sjcengage.com) to register and attend Physical, Professional, Mental & Financial Wellness classes
- February 16: 1<sup>st</sup> Quarter Wellness Gladiators Meeting (Virtual)

## March –

- Continue and conclude the **Feel Like a Million** wellness challenge (January 17 – March 13).
- Visit the course catalog on [sjcengage.com](http://sjcengage.com) to register and attend Physical, Professional, Mental & Financial Wellness classes

## April –

- Launch of the **5k a Day** wellness challenge (April 1 – April 30)
  - The 5k a day challenge is a 30-day challenge that invites staff to self-declare that they are walking for 5 kilometers or 3 miles each day between April 1 and April 30, 2022.
  - Employees will need to track their own steps using any method of their preference (A daily steps tally log will be available for record keeping)
  - As part of this challenge, staff will sign an acknowledgment form stating that they met the threshold for steps in the challenge period. Upon submitting the completed entry form, staffs name will be entered into a drawing for one grand prize winner whose name will be selected at the end of the campaign from the eligible entries. The grand prize is a FitBitCharge 4.
  - Submission forms can be sent in to [sjcengage@sjgov.org](mailto:sjcengage@sjgov.org) beginning May 1, 2022 and need to be turned in by no later than 5:00pm on May 10, 2022.
- Visit the course catalog on [sjcengage.com](http://sjcengage.com) to register and attend Physical, Professional, Mental & Financial Wellness classes

## May –

- Begin submissions for the **San Joaquin County Wellness Cookbook (May 1 – June 30)**
  - Do you have a great healthy recipe sitting at home that you would love to share with your fellow coworkers?
  - The Wellness Gladiators will be compiling recipes from staff to generate a wellness cookbook that will be distributed to all county staff upon completion
  - A recipe submission form will be sent out as part of the launch for this activity
  - All staff who submit a recipe will be entered into a drawing to win one Grand Prize
- May 18: 2<sup>nd</sup> Quarter Wellness Gladiator Meeting (Virtual)
- Visit the course catalog on [sjcengage.com](http://sjcengage.com) to register and attend Physical, Professional, Mental & Financial Wellness classes

## June –

- Continue submissions for the **San Joaquin County Wellness Cookbook (May 1 – June 30)**
- Visit the course catalog on sjcengage.com to register and attend Physical, Professional, Mental & Financial Wellness classes

### **July –**

- Launch the **Renew** wellness challenge\_(July 1 – September 3)
  - The Renew Challenge is an 8-week program that sets to reinvigorate the mind and body, clarify purpose, and strengthen relationships. It offers strategies for all aspects of well-being – physical, mental, social and emotional.
  - This challenge is appropriate for anyone wanting a healthy lifestyle, not just to lose weight.
  - Program provides daily tips, informative articles, top health resources
    - Registration begins July 1 (prizes awarded to the first 25 staff to sign-up)
    - Challenge runs from July 11 – September 3 (prize awarded for the top score participant)
- Visit the course catalog on sjcengage.com to register and attend Physical, Professional, Mental & Financial Wellness classes

### **August –**

- Continue the **Renew** wellness challenge\_(July 11 – September 3)
- Visit the course catalog on sjcengage.com to register and attend Physical, Professional, Mental & Financial Wellness classes
- August 24: 3rd Quarter Wellness Gladiators Meeting (Virtual)

### **September –**

- Conclude the **Renew** wellness challenge\_(September 3)
- Visit the course catalog on sjcengage.com to register and attend Physical, Professional, Mental & Financial Wellness classes

### **October –**

- Release the **San Joaquin County Wellness Cookbook**
- Visit the course catalog on sjcengage.com to register and attend Physical, Professional, Mental & Financial Wellness classes

### **November –**

- Launch the **Wellness of Giving** campaign (November 1 – December 31)
  - The Wellness of Giving challenge is a 2-month challenge that invites staff to self-declare their community service volunteerism between November 1 – December 31, 2022.
  - Employees will need to track their own community service using any method of their preference (A submission form will be available)
  - As part of this challenge, staff will sign an acknowledgment form stating that they volunteered for a community service during the challenge period. Upon submitting the completed entry form, staffs name will be entered into a drawing

for one grand prizewinner whose name will be selected at the end of the campaign from the eligible entries.

- Participants can enter more than one submission but must be different volunteer activities for each submission
- Submission forms can be sent in to [sjengage@sjgov.org](mailto:sjengage@sjgov.org) beginning November 2, 2022 and need to be turned in by no later than 5:00pm on January 4, 2023.
- November 9: 4<sup>th</sup> Quarter Wellness Gladiators Meeting (Virtual)
- Visit the course catalog on [sjengage.com](http://sjengage.com) to register and attend Physical, Professional, Mental & Financial Wellness classes

#### **December –**

- Conclude the **Wellness of Giving** campaign (December 31)
- Visit the course catalog on [sjengage.com](http://sjengage.com) to register and attend Physical, Professional, Mental & Financial Wellness classes