

# Living Well at Western – Summer Wellness Challenge 2025

 **June 15 – August 31 | Open to all staff and faculty**

Join us and take part in wellness activities that work for you, based on where you are, what you need, and what you enjoy, designed to support your **mind, body, and community connection** all summer long! Participate solo or with a team, earn wellness points, and win prizes!

## **Challenge Categories:**

- Move Your Way – Any physical movement
- Mindful Moments – Meditation, reading, journaling
- Fuel & Hydrate – Water tracking, healthy meals
- Social & Community Connection – Engage with others
- Team Spirit – Optional teams of up to 6

 **Monthly draws & grand prizes** for registered participants!

## **To Register:**

Email **livingwell@uwo.ca** with your name and team name (if applicable).

Subject line: *Summer Wellness Challenge Registration*

Submit weekly trackers [online](#) or by email to [livingwell@uwo.ca](mailto:livingwell@uwo.ca)



**Online Weekly Tracker**



# Weekly Check-In Tracker



Submit to [livingwell@uwo.ca](mailto:livingwell@uwo.ca) or complete online  
[HERE](#)

Name: \_\_\_\_\_

Team Name (if any): \_\_\_\_\_

Week of: \_\_\_\_\_

**Which wellness categories did you participate in this week?**

☐ Move Your Way \_\_\_\_\_

☐ Mindful Moments

\_\_\_\_\_

☐ Fuel & Hydrate

\_\_\_\_\_

☐ Social & Community Connection

\_\_\_\_\_

**Optional – Share a win, story, or photo (for bonus prize entries!):**

# **Living Well at Western – Summer Wellness Challenge 2025**

## **Challenge Format:**

Choose your own adventure from the categories below and log your activities weekly. Points are awarded for any wellness-related activity—no action is too small! Mix and match activities to meet your goals.

### **1. Move Your Way**

- Walking, wheeling, running, yoga, dancing, gardening—anything that gets you moving
- Aim: 150+ minutes of activity per week

### **2. Mindful Moments**

- Meditation, journaling, reading, creative expression, and screen-free time
- Aim: 3+ mindfulness activities per week

### **3. Fuel & Hydrate**

- Focus on hydration, balanced meals, and new healthy recipes
- Aim: Track water intake or try 1 new health-focused habit per week

### **4. Social & Community Connection**

- Participate in a Western event, chat with a colleague, volunteer, or help a neighbour
- Aim: 1+ connection activity per week

### **5. Team Spirit (Optional)**

- Form a team (max 6) for extra motivation and friendly competition
- Team members can encourage one another, share progress, and log collective wins



## Prizes & Incentives:

- Monthly draws for registered participants who log activities
- Wellness swag, gift cards, and more!
- Grand prize draw at the end of summer (for those who participated at least 6 out of 11 weeks)
- Bonus incentives for team participation and creative check-ins



## Timeline Snapshot:

Date	Activity
Now – June 15	Registration opens
June 15	Challenge begins
Monthly	Check-in emails + prize draws
August 31	Challenge ends
Early September	Winners announced + feedback survey



## How to Participate:

- 1.Register** (optional, but encouraged for points/prizes)
- 2.Choose activities** from the categories that best fit your lifestyle
- 3.Track your progress** weekly (simple online form or printable tracker), submit by Monday morning 9 a.m. the following week [Online Tracker](#)
- 4.Connect** with others, share stories, celebrate your wins!