

Turn Tough Times Into *Triumph*

July—December 2020 Wellness Challenges

The first half of 2020 has brought many challenges. & difficulties that have taken us by surprise.

You've done well facing those challenges, but let's face it, we have struggled through many of these challenges and felt a lack of control.

ACC Wellness challenges you to **TAKE CONTROL** of the second half of 2020:

YOU be in charge of you. **YOU** choose what challenges you take on, don't let them be chosen for you.

FACE adversity with personal growth.

Choose to better yourself and your world, **YOUR** way.

MAKE the most out of your circumstances.

EMPOWER yourself through difficulty.

Over the next six months, Wellness will offer countless new challenge ideas for you to select from, both weekly and monthly.

Select and go for any challenge(s) that speak(s) to YOU!



July 2020

Choose-your-challenge suggestions:

1. Ponder Your Purpose.

Write a personal or family mission statement. Over the course of the month, determine your core life values, strengths, purposes, & beyond! Determine how they fit into your life going forward, what direction you want to go, & what you live for. Reflect on why you are here! By the end of the month have a personal or family mission statement developed and written.



2. Break Free, Forgive.

Intentionally forgive four people, one per week. Start the month by identifying harbored grudges, anger, and hurt that are keeping you locked up mentally & emotionally. Determine who you need to forgive, and how you will go about doing that. Be intentional & purposeful in your pursuit of freedom for your own spirit!



3. Motivation Mile

Improve your mile time. Haven't timed yourself in a mile since grade school? Treat your body to goal setting and achieving that can free you from the stigmas of aging. Make a concerted effort to improve the time it takes you to complete a mile. Start by assessing yourself at the start of the month, work to improve over the course of the month, then test yourself at the end of the month on your own or through a sponsored event like the Milledge Mile (Click [here](#) for details!)



July 2020 Weekly Challenge Options

WEEK 1 [JULY 5—11]

- * **Free Your Soul:** Make a list of those individuals you have not forgiven. Determine who you will focus on intentionally, purposefully forgiving each week of this month. Free your soul & spirit!
- * **Sniff Your Spirits High:** Use aromatherapy (candles, essential oils, etc.) six out of the seven days to relax and improve your mood.
- * **Core of You:** List your life values, strengths, & purposes in life.
- * **Freedom From Food Power:** Intentionally decrease your consumption of a less healthy food/drink you consume too much of.
- * **Mile Marker:** Make your best effort to complete a mile (on a road, track, trail, anywhere!). Note your time, & aim to improve it by the end of July.
- * **Combine Forces:** Find a friend with similar exercise goals as you, share workout ideas, then hold each other accountable this week and compare notes.

WEEK 2 [JULY 12—18]

- * **Worry Drop:** Think of one thing per day that you are worried about, write it down, and intentionally let it go to free your mind and spirit.
- * **Real World:** Take a break from social media completely.
- * **Design Your Dreams:** Create a bucket list.
- * **Take me Back:** Eat or drink something healthy each day that reminds you of a relaxing vacation or time in life, when you were free from stress.
- * **Physical Freedom:** Don't do an exercise that you force yourself to do because you think you have to do it, and replace it with something you love doing, even if it is not typical exercise or typical to your routine.

WEEK 3 [JULY 19—25]

- * **High Five X Five:** Tell five people in your life the five things you love most about them, ie give 25 compliments.
- * **Trash Tech:** rid your home/office of technology that you do not use; be sure to recycle it at the ACCGov CHARM!
- * **Yay You!** Do something specific and rewarding to celebrate a recent life accomplishment.
- * **Mellow Mind (& Body):** Increase your intake of omega-3 fatty acids (salmon, flaxseed, chia seeds, omega-3 supplements, etc.) to more than you consumed last week, specifically for the brain benefits.
- * **Foundational Fitness:** Do an exercise that you enjoyed during childhood that you do not typically do as an adult

WEEK 4 [JULY 26— AUGUST 1]

- * **Free Your Hands:** Determine one process in your day/week that is not necessary, and try to eliminate it.
- * **Fresh Perspective:** Change your normal routine one day of the week.
- * **Yay You! X 2:** Do something specific and rewarding to celebrate a recent life accomplishment (again!).
- * **Soothing Spices:** Incorporate a calming spice or herb into one meal or drink each day (teas/smoothies/sprinkles of ginger, chamomile, lavender, lemon balm, valerian root, etc.).
- * **Free Spirit Fitness:** Try exercising with no plan, just add something as you go along; or have a child or friend call out exercises on the spot for you to do.

August 2020

MONTHLY CHALLENGE IDEAS:

1. Detriment Do-Over

Each week, envision one interaction/situation that did not go well, and relive it in your mind by changing how you reacted/responded to or handled it.



2. AfterMath

Track how your food makes you feel physically & emotionally (during, immediately after, several hours later), at least three meals per week, all month long. Determine any changes that need to be made for you to feel better more often.



3. Toughen Up

Use this month's weekly goals to explore your mental, physical, emotional, spiritual, and financial health. By the end of the month, determine which area you most need to focus on improving in order to combat anger, turmoil, hostility, or frustration.



August 2020 Weekly Challenge Options

WEEK 1 [AUGUST 2—8]

- * **Heated situation:** incorporate a healthy hot tea into each day (look for antioxidants, digestion improvers, inflammation fighters, etc.)
- * **Express the Extreme:** use a guided journal to express & identify negative feelings and/or brainstorm what will improve negative feelings each day
- * **Direct Your Anger:** Intentionally use exercise to work off anger or frustration several days this week
- * **Down & Out:** determine the negative emotion that you experience most often this week, and the positive emotion you experience least often

WEEK 2 [AUGUST 9—15]

- * **Gut check:** try 2-3 probiotic rich foods this week
- * **Hard Core, Heck Yeah!:** ask for help from a trainer or fitness-experienced friend in trying an exercise or activity you thought was too hard core for you
- * **Intense Images:** Check the colors/backdrop of each of your electronic devices (phone, computer, tablet) as well as your home and office decor. Determine if any give you a more intense feel, and look into changing them to a more calming color/backdrop.
- * **Rough Times:** Help someone who is going through a hard time.

WEEK 3 [AUGUST 16—22]

- * **Dislike ReDirect:** incorporate a food that you have disliked in the past into a new recipe or prepare it differently, and intentionally try to see it in a new way and enjoy. Ask others for suggestions!
- * **Back in the Saddle Again:** Try a form of exercise you feel you recently failed at or disliked, and aim to improve and/or enjoy it
- * **Remarkable Recovery:** make a list of all the difficult things you have endured and recovered from, take time to be proud of yourself, and post this list in a spot you will regularly see it.
- * **Water Warrior:** Choose your favorite water bottle and bring it with you everywhere. Set a goal to finish x number of bottles before bed.

WEEK 4 [AUGUST 23— 29]

- * **Sandpaper people:** consider one person in your life who is very difficult to get along with, and develop a new, healthy tactic for interacting with him/her.
- * **Bad Memory:** journal something you want to forget. Do something ceremonial to let it go forever!
- * **The Whole Motley Crew:** Throughout the week, assess whether frustration, agitation, sadness, or anger is felt more or less often when with groups of people (coworkers, family, crowds) or alone, and determine if you require more or less alone time to re-center and find your peace.
- * **Musical Morning:** Choose a song to start your day with and listen to it during a short morning walk outside before the August heat sets in.

September 2020

1. I Will Survive

At the end of each week list the difficulties you went through specifically that week. Look back and recognize that you survived them and treat yourself to something that helps you "Celebrate!" that survival healthfully!



2. Catch That Rhythm, "Do the Hustle"

Select a goal time to run a mile in, then find a song that is that length to use as your audio/visual goal. Train to run that time, then at some point in the month use the rhythm and duration of the song to push you, "Do the Hustle," and aim to finish a mile before the song ends!

Click the link below for a collection of song options for your goal:

[10+ minute songs](#)

[8+ minute songs](#)

[6+ minute songs](#)



3. Get Trendy

Discuss current trends/fads (social media platforms, technology tools, phrases, etc.) either with your coworkers or family members, and determine how you can use one to enhance what you do for others or accomplish as a group; try that method all month.



4. Routine Redo

Assess each of your daily and weekly routines and change one routine each week of this month. Try it at a different time or remove a step or make any other change that would make it more efficient or more enjoyable. At the end of the month, assess whether any changes are worth continuing.



September 2020 Weekly Challenge Options

WEEK 1

- * **"Shake Shake Shake" Up That Scenery!:** eat one meal per day in a different location than you typically do. End the mealtime monotony!
- * **"Don't Stop Til You Get...YOU Back":** find a picture of yourself when you felt most CONTENT with life. Look at it several times a day and spend the week jotting down characteristics, habits, & circumstances of the you at that time. Brainstorm what you can do to accomplish that you again.
- * **Disco Inferno Prevention:** check all of your smoke detectors, make sure each has fresh batteries and functions properly.
- * **"Shake Your Groove Thing!":** Make a list of songs that are super fun to you. Do your workouts to that playlist this week and focus on the fun you're having like you would when dancing, and work harder at the chorus.

WEEK 2

- * **"Ring My Bell" Pepper:** Incorporate bell peppers (any colors) into 1-2 meals per day all week!
- * **ReRoute, Don't Repeat:** avoid frustration that is typical to your everyday commute, & try different routes to work throughout the week.
- * **"You Should be Dancin', Yeah!":** write down one thing you look forward to each day this week, and if you don't have something--create it!
- * **"Last Dance":** Set an alarm to signal the last minute of each hour. Chug some water as if it is your last opportunity to get enough water in that hour of the day. "Last Chance, Last Dance!"

WEEK 3

- * **"Stayin' Alive" With Five:** Try to cover all 5 food groups in at least 2 meals per day (fruits, veggies, starches, meat/protein, dairy) all week
- * **"Get Down Tonight":** Do something intentional each day to improve your sleep that night.
- * **"Got to Be Real":** Review your bills, determine where realistic cuts can be made, then apply your changes.
- * **"Saturday Night (Health) Fever":** Make your Saturday night more healthy than last Saturday night in some way. Consume less unhealthy, fuel more healthfully, be more active, get more sleep, be productive, pour into others, etc.

WEEK 4

- * **Eat from your own "Village People":** Purchase locally grown produce and consume some in at least one meal per day all week.
- * **"We are Family":** BE there for others. Go 1-2 hours per day without looking at your cell phone while with family or friends
- * **CATCH(Y)-Phrase:** Spend the week looking at quotes that catch your attention and make you excited about life. It could be excited to exercise or fuel healthy or improve energy or to better love yourself and others. Choose one to be your catchphrase for this month. Read it to yourself or out loud at a certain time each day.
- * **Shine Like a Disco Ball:** Think about how you sparkle & shine for this world---what are your talents, skills, abilities, passions, etc.? Focus on one in particular this week, and shine brighter at it than you normally do.

Choose your goal for the month of

OCTOBER

“One Day More”

Each week of October, exercise one day more than you did the week before.



“Don’t Dream it, be it”

Think of one health-related accomplishment you have dreamt of achieving (*reach a certain blood pressure measure or weight, do a 5K or a pull-up, touch your toes, obtain clear skin, balance hormones, etc.*). Dive into a plan to accomplish that this month, or at least follow through on a different step of the plan each week of this month.



“I’m Gonna Wash That [Habit] Right Outta my Hair”

Break an unhealthy habit this month. Strategize a plan, execute a different step each week, and aim to have it broken by Halloween!



October 2020 Weekly Challenge Options

WEEK 1

- * **"I get a Kick out of you"**: Incorporate a form of kicking into every workout this week (high kicks, martial arts, soccer/kickball, football punting, can-can, etc.)
- * **"All I do is Dream of You"**: What is something you often crave? Do some research to figure out why your body craves that food/drink, and what you could be deficient in or how you could be fueling in a more balanced way to better control that craving. Seek out health coaching!
- * **"I Feel Pretty (or Handsome)!"**: Privately list each of the features of yourself that you LIKE and think are attractive. Make an effort to focus on those features ONLY every time that you look in the mirror all week. Pay NO attention to features you don't care for or critique.
- * **"Everything's Coming up Roses"**: Leave/give a flower(s) to a different person each day of the week, and soak in their joy when they receive.

WEEK 2

- * **"The Hills are Alive"**: Crush a hill workout! Do hill repeats, either power walking, jogging, or running uphill, then recover on the downhill. See how many you can do!
- * **"MORE?? You want MORE?!"**: at least twice this week, when you are wanting seconds of a less healthy food, first get seconds (or firsts!) of fruits or veggies, and then get a small second portion of the other food.
- * **"Sunrise, Sunset"**: Begin and end your day with the same positive, calming ritual incorporating gratitude, reflection, and praise. Note how you feel at the end of the week.
- * **"Getting to Know you"**: Over Zoom or socially distanced in person "meet" for coffee or lunch with a co-worker or acquaintance who you do not know very well, and play 20 Questions to get to know each other better.

WEEK 3

- * **"With a Little bit of Luck"**: Roll the dice! Design a workout using dice. Choose a form of exercise and roll a die to determine how many reps, seconds, or minutes you will do that exercise. Continue with the same exercise, or choose a different movement with each roll of the die.
- * **"Somewhere Over the Rainbow"**: Eat a meal with all colors of the rainbow once per day all week.
- * **"Ease on Down the Road"**: Plan ahead to leisurely do something that you are normally rushed through. Take your time and enjoy the process. Ease on down that road!
- * **"Tomorrow, Tomorrow"**: Each afternoon/night of this week write down two non-work, self-care things you want to accomplish and then execute the next day.

WEEK 4

- * **Put on a show**: Record yourself doing an exercise of your choice, then assess your form and efficiency. Ask for guidance on improving. At the end of the week, record yourself again, and look for improvement.
- * **"Spoonful of Sugar"**: Gain some awareness! Look up what foods have one, two, three, four, or more teaspoons (spoonfulls) of sugar in them. Make a goal to reduce your intake of some of these foods by some each week of this month.
- * **"A lot of Living to do"**: Write down five things you want to do TO TRULY LIVE in each of the next several decades of your life. Add to this list all week.
- * **"All That Jazz"**: At the beginning of the week, list the things in daily life that distract you from peace. Choose one day this week to go ALL DAY without that distraction. Reflect on how the day went, how you felt, etc., and determine if it helped you to gain more peace.



November

Monthly goal options

"Write this down, take a little note..."

...to remind you in case you didn't know, that I love you and I don't want you to go!":

On your calendar or agenda, write the name of a different person you appreciate on each day of November. Make sure you don't repeat any names! On each person's "day" tell or show him/her why you appreciate them (text, email, call, write a note, in person, etc.).

Country Cuisine

Choose four countries and try a different recipe from each cuisine every week of this month.

Family Tradition

Brainstorm, plan, and start a new tradition with family or friends this year. Let our 2020 circumstances help you to create something new and lasting!

A decorative arrangement of lemons and green leaves is positioned along the left edge of the page. It includes whole lemons, lemon slices, and several vibrant green leaves, creating a fresh and natural aesthetic.

November

Weekly goal options

Week 1

- *"How do you like me now?!"*: Throughout the week, make a list of the ways you are BETTER than you were 10 or 20 years ago.
- We know you like your "Chicken Fried" but...: try a recipe for "fake" fried meat or veggie this week.
- *"I Try to Think About Elvis"*: Take Patty Loveless' advice...think of anything EXCEPT exercise while you're exercising! Let your mind wander, forget what you're doing!

Week 2

- *"The House That Built [You]"*: Prepare a holiday gift of nostalgia for a family member or friend. Frame a photo of a childhood home, or better yet have it drawn/painted and framed. If you have fond memories of your own childhood, do the same for yourself!
- *"I got a-rice, cookin' in the microwave..."*: Use riced cauliflower at least once this week!
- *"Baby, Run!"*: Run/Jog/Walk instead of drive to do one errand this week.



November

Weekly goal options

Week 3

- *“Roller Coaster Ride”*: Do like Eric Church and acknowledge the roller coaster of life’s emotions. Each evening, have every family member share their ups and downs of the day with the family.
- Use those *“Suds in the Bucket”*: Clean out your refrigerator before the holiday season begins!! Sanitize, toss old food/condiments, etc.
- *“Maybe it’s time we got back to the basics...”*: Incorporate basic exercise moves like push-ups, sit-ups, high knees, pull-ups, shuttle run, etc. into each day this week. Think back to the Presidential Fitness Challenge of years ago, & simplify your exercise!

Week 4

- *“Oh how you sparkle, oh how you shine”*: Make a list of ways that you “shine” for this world, and plan to incorporate at least one each day this week.
- *“[Bowl] of Many Colors”*: Keep a basket filled with fruit and on the counter at home all week for quick, healthy snacking during a time of year when rich foods are plenty.
- *“Take me Home, Country Roads”*: Take your walk or jog off-road! Enjoy the serene scene of a country road, dirt or gravel.

December Goals

The 12 Days of Exercise

Create a "12 Days of Exercise" journal or board. Choose 12 days to attempt the same exercise, trying to beat your time each attempt. OR, attempt to increase the amount of total time you exercise with each day. Example journal entries or board postings:

- * On the 1st day of Christmas I ran my mile in: ____ (time)
- * On the 1st day of Christmas I walked my mile in: ____ (time)
- * On the 1st day of Christmas I did my AMRAP workout in: ____ (time)
- * On the 1st day of Christmas I exercised ____ min! (increase each day)

Have Yourself a....Different Veggie Every Week

Use a different in-season vegetable (or more!) each week. Vegetables in season in Georgia in December: carrots, beets, parsnips, rutabaga, onions, cabbage, leaf lettuce, spinach, Brussels sprouts, kale, leeks, potatoes, pumpkins, turnips, winter squash.

Resolution Redo

Did your 2020 resolution get run over by a reindeer? Many of our plans were derailed this year. Revisit one of your spoiled resolutions, and finish the year on your terms by accomplishing it this month!

Weekly Goals

Week One

- * **"Melle Kalikimaka":** Pretend you're enjoying December in the tropics instead of the cold! Treat yourself well with a tropical-inspired, healthy meal this week. Include a lean fish, greens, brown rice, nuts, and fruit! Make it at home or order a poke bowl from one of several local options.
- * **"Baby, it's Cold Outside":** Freezing out? Put those 2020 gaiter masks to a new task! Wear your gaiter mask to keep your neck, chin, and even face shielded from the cold and wind in at least one exercise session this week. See if it helps you to brave the cold better, and be more likely to exercise through the winter.
- * **Spirit of Holidays Past:** This week, list several positive memories you have from holiday seasons of the past that you have not experienced in a while. Make plans to incorporate or experience at least one of those this week or next.
- * **Ritual Review:** assess your annual holiday traditions. Determine if any cause more stress than they're worth or serve little purpose. Consider eliminating those to save focus & energy for those that bring you and others peace and joy.

Week Two

- * **"Here we Come A-Wassailing":** Find a new, healthy, holiday-flavored drink to keep you hydrated this week. Incorporate spices, herbs, fruits, teas, and anything else with antioxidants and plenty of water. Look up healthy forms of wassail, cider, spiced teas, eggnog, or any other typical holiday drink.
- * **"Jingle Bell Rock":** If you've got holiday lights up and kids (or kids at heart) in the house, turn off all lights except the holiday sparkle, turn up the holiday jams, and have an all-out dance party for exercise one night this week.
- * **"Who/What Lights Your Candle?":** Each day of this week, make note of someone or something that inspired you. Keep track in a journal, and consider sharing your thoughts with others.
- * **"Oh Little Star...":** Praise three local businesses that you value with a glowing online review.

Weekly Goals

Week Three

- * **“Chestnuts Roasting on an Open Fire”:** Chestnuts have plenty of fiber to improve digestion and not spike blood sugar, have complex carbs that keep you energized, are great sources of vitamin C, copper, and potassium, but who actually eats them! Give them a try this month. Sold shelled & ready to eat, or raw & ready to be roasted.
- * **Rockin’ Around [Your Neighborhood]”:** Do a holiday interval walk or run through any neighborhood—vary your pace using holiday décor as a cue. For example, do slow pace until you’ve passed two Santas then increase to medium pace past two more Santas, then fast pace to the next Santa, then start back at slow pace. Use anything from wreaths to menorahs to holiday lights or candles. Intervals will all vary in length and provide a great workout!
- * **“Blue Holiday”:** Will this holiday season be sad or difficult for you? If so, research “blue holiday” and devote an evening to honoring & working through that and making space for some joy. Consider tuning in for or watching the recording of the ACC Wellness blue holiday session.
- * **Holiday Movie Reel:** This week, list all of your favorite holiday movies and tv episodes. Make plans to watch at least one of them with a family member or friend, even if you must do so apart.

Week Four

- * **“Partridge in a [PAIR] Tree”:** At each holiday celebration this week, make sure you pair a protein with each carbohydrate. This will help keep you from overeating and spiking/crashing blood sugar.
- * **Fit With Family/Friends who Can’t “Come Home For Christmas”:** Celebrating virtually this year? Missing your buds and feeling down? Try facetimeing or Zooming with a family member or friend to do a workout together. Enjoy laughs and exercise together!
- * **Spread “Joy to the World”:** Perform a kind act of service each day of this week. Help a friend, neighbor, coworker, or even a stranger. If you have children, try to involve them in the acts of service.
- * **Gift a Newbie:** Give a gift to someone you do not normally give to. Let them know you appreciate or admire them.

Weekly Goals

Week Five

- * **Berries Aren't Just for Holly!:** Berries are amazingly nutritious! Determine a tasty, not-too-expensive way for you to incorporate berries into each day this week (and beyond!). Options: dried, in specialty trail mixes, frozen in smoothies or thawed, fresh, juices, plus more!
- * **"Meee I Want a Huuula Hooooop!":** Take it from the Chipmunks, hula hoops can be fun...and fit! Incorporate some type of hoop into a workout this week---an ab circle, pull rings, or even just a plain old hula hoop!
- * **Take the week to recognize what you did WELL throughout 2020.** Responded to a crisis? Adjusted your typical inflexibility? Apologized? Lightened up? Reprioritized? Stuck with your values? Make a list and encourage others to do so as well, and share with each other. OR, ask family members or friends to make lists for each other. List all of the things another person did well this year, then share.
- * **12 Months of Reading:** Select twelve books that you would love to read throughout 2021. Designate one for each month, and set a goal to fuel yourself through literature next year!