



Staff Wellness Challenges

Step 1: Organize a group of at least 10 staff members.

Step 2: Choose a challenge level based on how long it will last.

Step 3: Choose an activity based on your school's needs.

Step 4: Take note of gift card amount and point values. Schools will be limited to \$175 total in gift card support and one AtlantiCare Life Center 3-month Membership per school year.

[Request Link](#)

★ **LEVEL 1**

- 1 Week Plus Challenge
- \$25 Gift Card Support

50 pts

★ **LEVEL 2**

- 1 Month Plus Challenge
- \$50 Gift Card Support

100 pts

★ **LEVEL 3**

- 2 Months Plus Challenge
- \$100 Gift Card or AtlantiCare LifeCenter Membership

150 pts

★ ACTIVITY IDEAS

Holiday Tag! You're It	Organize a staff compliment/pay-it-forward challenge, centered around a holiday or theme. Ex: Back to School Apples, Halloween Ghosts, Valentine Hearts, Lucky Shamrocks. Staff who earns the most compliments wins a prize.
Morning/Afternoon Staff Fitness	Weekly staff walks, yoga classes, or fitness classes that take place before or after the school day.
Believe to Achieve	A fitness challenge, accompanied by weekly newsletters with exercise challenges, healthy recipes and other wellbeing resources. A Healthy Schools team member will visit your school during the first and final week to administer a body composition analysis with a Tanita scale.
Staff Cookbook/Wellness Book	Create a compilation of staff recipes or mindfulness activities.
Staff Buddy	Organize a staff buddy exchange where staff members are randomly assigned another staff member for exchange multiple times throughout the year. Minimum of three exchanges to be eligible for this level.
Fruit & Veggie Challenge	A nutrition challenge where staff will track their daily fruit and vegetable intake accompanied by weekly newsletters with exercise challenges, healthy recipes and other wellbeing resources.
Hydration	Track daily water intake accompanied by a tracking document based on amount of weeks.
Walking Challenge	Track daily steps accompanied by a tracking document based on amount of weeks.