



Road to Wellness Challenge

Resources List

Physical	<ul style="list-style-type: none"> <input type="checkbox"/> Exercise regularly. (recommendation: 150 minutes/week) (Physical Activity Log) <input type="checkbox"/> Take the stairs instead of the elevator. <input type="checkbox"/> Drink 64 oz. of water a day. (Water Tracker) <input type="checkbox"/> Eat a healthy breakfast. <input type="checkbox"/> Make healthier food choices. (Food Journal) <input type="checkbox"/> Get at least 8 hours of sleep. (Sleep Tracker)
Emotional	<ul style="list-style-type: none"> <input type="checkbox"/> Vent your feelings to someone you trust. <input type="checkbox"/> Hug your kids, spouse or a friend today. <input type="checkbox"/> Laugh at least once a day. <input type="checkbox"/> Track your daily emotions. <input type="checkbox"/> Improve your time management skills. <input type="checkbox"/> Smile at least 20 times a day. <input type="checkbox"/> Practice optimism. (7 Tips to Find the Silver Lining Within Yourself)
Spiritual	<ul style="list-style-type: none"> <input type="checkbox"/> Try yoga or a relaxation technique. <input type="checkbox"/> Make a list of your blessings. (no material goods) <input type="checkbox"/> Take a walk and enjoy mother nature. <input type="checkbox"/> Strive for peace in your daily life. <input type="checkbox"/> Make a list of virtues and values you believe in, and work towards incorporating them in your daily life. <input type="checkbox"/> Find meaning in the little things you do every day. <input type="checkbox"/> Make time each day for personal reflection.
Intellectual	<ul style="list-style-type: none"> <input type="checkbox"/> Learn something new about a topic that interests you. <input type="checkbox"/> Read a book or magazine that you find intriguing. <input type="checkbox"/> Learn something new about a different culture. <input type="checkbox"/> Find a quote that inspires you and post it where you can see it. <input type="checkbox"/> Talk to someone with a different point of view. <input type="checkbox"/> Visit a museum, see a play or a concert. There are many virtual options!
Social	<ul style="list-style-type: none"> <input type="checkbox"/> Renew a relationship with a friend you have not talked to in a while. <input type="checkbox"/> Volunteer for a service agency in your community. (Tennessee Serves) <input type="checkbox"/> Perform a random act of kindness. <input type="checkbox"/> Plan a family outing. <input type="checkbox"/> Make time for leisure or recreational activities <input type="checkbox"/> Practice your listening skills. <input type="checkbox"/> Send thank you notes for kind deeds.
Financial	<ul style="list-style-type: none"> <input type="checkbox"/> Organize your financial information for easy accessibility. <input type="checkbox"/> Develop and follow a personal budget. <input type="checkbox"/> Create money management goals. <input type="checkbox"/> Establish a will, power of attorney and/or living will. <input type="checkbox"/> Save for an emergency fund. <input type="checkbox"/> Meet with a RetireReadyTN financial advisor.