



TrilogyFIT

Caring for you as you care for others

HEALTHY HOLIDAY CHALLENGES 2020



Implementation Handbook

Stay active during the holidays with these 3 main challenges and 12 daily habits! Completing small actions or creating habits over the holiday season will make a big difference in overall well-being for yourself and loved ones.

Sign up for 3 main challenges, engage in challenges, and complete daily habits to win prizes!

Awards: Virgin Pulse (VP) points for Pillar challenges, survey completion, and \$50 pulse cash for 12 randomly selected employees.

Registration: Sign up on November 21st via VP for challenges! Challenges are 4 days long, and consist of small, easy individual tasks to complete each day.

Main Habit Challenge One (Dec 1-4): Give a virtual hug

The holidays can be tough for some people. Let them know that you're thinking of them by sending a text, email, or even giving them a call. This could turn someone's day around and even bring you some happiness for yourself!

Main Habit Challenge Two (Dec 5 - 8): Get outside

Take a break today and get outside. Find a way to connect with nature, or simply take a walk around the block. Make it a fun family habit and get everyone involved to walk before or after dinner. Studies have proven that going outdoors can increase your happiness and help lower your stress levels.

Main Habit Challenge Three (Dec 9-12): Smart Portions

The holidays are notorious for overeating and indulging in many delicious desserts that may tip the scale in the not-so-good way. Look at your portion size. Are you eating enough veggies? Are you overdoing the carbs? Are you limiting your fatty food intake?

DAILY HABIT ONE: DECEMBER 1

Tuesday is a day of encouragement! Positive attitude and encouragement for others is part of the culture at Trilogy.

HABIT: Try encouraging or saying something nice to three people today. Positivity is infectious, and what you give in encouragement will come back to you.

Activities to Improve Encouragement:

- Recognize good performance and give positive reinforcement! It doesn't have to be for a big job or task - just let someone know that you see them and that they're doing a fantastic job.
- Login to your Virgin Pulse account and give someone in the company a "shout out". Let everyone know how this person has positively impacted you and others!

DAILY HABIT TWO: DECEMBER 2

Water is Awesome Wednesday: Did you know that up to 60% of the human body is made up of water?

HABIT: Hydration is key! You should try to drink between half an ounce and an ounce of water for each pound you weigh every day. For example - if you weigh 150 pounds, that would be 75 to 150 ounces. Try it and see how you feel!

Activities to Improve Water Consumption:

- Update your Virgin Pulse Health Habits by starting your day with a glass of water under Morning Drink.
- Try drinking water whenever you feel hungry. You may just be thirsty or bored!

DAILY HABIT THREE: DECEMBER 3

Therapeutic Thursday – Self-care and service are important ways to improve well-being.

HABIT: Reach out to your trust circle and open up about what's causing you distress. Turning to your friends and family for support is a great place to start when it comes to making progress on your mental health.

Activities to Improve Self-Care:

- Talk to someone about your emotional distress, and give them the same opportunity to vent about theirs.
- Check out the "Inspired Sundays" at TrilogyFIT.org for motivation from Trilogy's weekly service dedicated to providing uplifting messages to employees, residents, and the general community during this time of being apart.
- Complete a Whil Emotional Intelligence 101 Module. Click on *All Programs > Whil > Emotional Intelligence*.

DAILY HABIT FOUR: DECEMBER 4

Financial Freedom Friday: Trilogy offers financial support through several programs: SmartDollar, Susan's Home Savings, Fidelity, and Bank of America-Merrill Lynch.

HABIT: Register for the Dave Ramsey Smart Dollar Program and complete a Baby Step, OR download and start using the EveryDollar Budgeting App, OR tell an employee about your success with SmartDollar and help them get started today. To access SmartDollar, text TRILOGY to 33789!

Activities to Improve Financial Well-being:

- Complete the 7 Steps of the SmartDollar program and earn VP points and financial freedom!
- Meet with a free financial coach from BeWell. Call (800) 424-4039 to enroll in unlimited sessions.

DAILY HABIT FIVE: DECEMBER 5

Stretch Saturday: Improving your flexibility can alleviate pain and prevent injury. Just a few minutes each day can pay big dividends.

HABIT: Take 3 minutes to stretch your back and legs OR complete a Whil Yoga 101 module by visiting [Programs>Whil>Yoga 101](#).

Activities to Improve Flexibility:

- Try using self-myofascial release techniques using a softball or foam roller.
- Add Yoga training into your fitness program at least twice per week.

DAILY HABIT SIX: DECEMBER 6

Sleeping Sunday: People who don't get enough sleep are more likely to have bigger appetites due to the fact that their leptin (an appetite-regulating hormone) levels fall, promoting appetite increase.

HABIT: Make a plan to get 7-9 hours of sleep tonight.

Activities to Improve Sleep:

- Avoid caffeine, nicotine, or alcohol close to bedtime. Additionally, create a room that's ideal for sleeping! This often means cool, dark and quiet. Exposure to light might make it more challenging to fall asleep. Avoid prolonged use of light-emitting screens just before bedtime.
- Try one of these healthy habit builders from Virgin Pulse to help you get the sleep you deserve. Select Sleeping Well, under ENERGY pillar in Virgin Pulse, set up your personal My Sleep Guide, and start improving your sleeping habits.
- Complete a Sleeping Well Journey on Virgin Pulse (five available).

DAILY HABIT SEVEN: DECEMBER 7

Mindfulness Monday: Meditation, because punching someone is frowned upon. Meditation is stress management and has been shown to slow aging at a genetic level. *“Every negative belief weakens the partnership between mind and body.” – Deepak Chopra*

HABIT: Complete one module of Whil’s Meditation 101 in Virgin Pulse OR take a Yoga class.

Activities to Improve Mindfulness:

- Try the Whil Meditation 101 Modules found under Programs on your Virgin Pulse account.
- Join a yoga class on Zoom or find a beginner yoga class on YouTube and participate at home with your friends or family. Some classes are as short as 10 minutes. We at TrilogyFIT love Adriene Mishler of Yoga with Adriene!

DAILY HABIT EIGHT: DECEMBER 8

Take Charge Tuesday! Meal Prepping 101: Meal prepping will help you solve all your food decisions in advance and can help reduce anxiety and stress. This will allow you to reach your goals faster and with more ease towards a healthier you.

HABIT: Bring your meal and snacks to work 2-3 times per week and avoid fast-food or vending machines.

Activities to Help You Mean Prep:

- Cook meals in advance or dedicate a day that you put time in to prepare multiple meals for yourself or loved ones.
- Log in to VP and look at the always helpful “Nutrition Guide” on the “Programs” page, then click on “get started”. From there, you’ll find tips and tricks that will help you start eating healthier and with purpose.

DAILY HABIT NINE: DECEMBER 9

On Wednesdays, We Give Back: Volunteering is a great way to give back to others in your community. Did you know that Trilogy has a volunteer hour tracking program called MobileServe, and gives rewards and VP points to volunteers year-round?

HABIT: Login to your MobileServe from your Virgin Pulse account and look for opportunities to serve your community and campus.

Activities to Do as a Volunteer:

- Pick a charity you are passionate about and visit their local website for volunteer opportunities, or check MobileServe to see how you can help in other ways.
- Donate tutoring time for a family or loved one. With school closures and both children and parents struggling with NTI, donating a few hours can help them master a subject that you’re knowledgeable about!

DAILY HABIT TEN: DECEMBER 10

Thursday Thinking on Mental Health: Healthcare workers take care of so many people in their lives that they often forget to take care of themselves. Since the arrival of COVID-19, there has been an increase in stress, depression, burnout, and suicide in caregivers all around the world. As a result of this increase, we have compiled a list of resources to help all Trilogy employees to tend to their mental and emotional wellbeing.

HABIT: Visit our TrilogyFIT.org webpage and check out the emotional and LiveWell well-being support and resources page. LiveWell resources include local resource finder near you, Magellan BeWell's Five Free Counseling Sessions, and many more services that can help employees be the best that they can be.

Activities to Help with Your Mental Health:

- Try out the Trilogy Employee Assistance Program, powered by Magellan Health. MagellanAscend.com gives access to coaching, counseling, emotional wellbeing resources, self-care and resiliency programs, legal assistance, and more. This program is free and confidential, and is available 24/7. To get started, call 800-424-4039.
- Log in to your VP account and select 1 of 5 "Reducing Stress Journeys" to take the first steps towards becoming stress free.

DAILY HABIT ELEVEN: DECEMBER 11

Financial Freedom Friday: Did you know Trilogy wants to help you buy your first home? With Susan's Savings First Time Home Buyers Program, we'll help you every step of the way!

HABIT: If you're a first-time home buyer, go to TrilogyFIT.org and sign up for the Susan's Savings Program today!

Activities to Help You Achieve Financial Freedom:

- Are you spending too much at the grocery? SmartDollar can help!
- Log in to your VP account and select 1 of 5 "Managing My Finances Journeys" to receive tips on how you can plan and save for your future.

DAILY HABIT TWELVE: DECEMBER 12

Survey Saturday: Take time to complete the Healthy Holiday Habit Survey in Virgin Pulse!

HABIT: Take the 12 Holiday Habits Survey in Virgin Pulse and let us know what Habit or Challenge was your favorite or least favorite.

**Thank you all for making the holidays cheerful and
bright in an otherwise challenging time.
Happiest of Holidays to all of you!**

–The TrilogyFIT Team



**For more information, email us at
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