

THE GAME OF WELLNESS

FEBRUARY 3 - MARCH 13, 2020

RULES OF THE GAME

Welcome to your 2020 Challenge - The Game of Wellness!

PURPOSE

Improve your overall wellness habits, familiarize yourself with RCW services and develop a personalized strategy to meet your wellness goals.

HOW TO PLAY

Each completed activity earns a certain number of spots on the game board. Everyone that makes it to the end wins a prize and is entered into a drawing for a free massage!

All activities must be completed during the challenge timeframe. Choose which ones you'd like to complete, not all activities are required. You may complete them in any order and more than once.

TOPIC AREA	ACTIVITY	SPACES AWARDED
Fitness	New Member Orientation at the RCW Fitness Center	Must complete to participate!
	Attend a group exercise class	3
	Complete a Fitness Assessment	3
	Complete a personal workout or 30 minute walk	2
	Meet with a Health Coach	5 - initial 2 - check-in 1 - email
Nutrition	Try a healthy new recipe	2
	Nutrition counseling appointment	5
Health Education	Respond to the self-care scenario	2
	Attend a Spot Topic presentation	5
	Tobacco Cessation appointment	4
	Attend Fit Families	5
Mindfulness	Attend a guided meditation session	4
	Independent meditation	2

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HOW TO LOG INTO WEBSITE

1. Visit the Riverside Corporate Wellness website at www.riversidecorporatewellness.com.
2. Click on the **Client login** button at the top right of the page.
3. Select "**City of La Crosse**" from the client login list.
4. Use the password "**LAX**" (case sensitive)
5. Select the "Game of Wellness" from the Qualified Services listing.

MOVING ON THE VIRTUAL GAME BOARD

The Game of Wellness game board is completely virtual. Once you complete your activity, follow the steps listed below:

1. Log into the Game of Wellness page on the RCW website (refer to the instructions above)
2. Fill out the form to submit your completed activity. (YOU'RE DONE!)
3. All submissions will be updated and displayed on the virtual board once every weekday.

NEW MEMBER ORIENTATION – MUST COMPLETE TO PARTICIPATE!

Call (608) 782-5029 to schedule a New Member Orientation. This is required to participate in the challenge – if you previously completed a New Member Orientation, you do not need to do it again!

During orientation, you'll receive a tour of the facility, discuss your readiness for physical activity and complete a waiver and release of liability. Your trainer is dedicated to one hour of personalized time for your appointment, so ask questions until you feel confident beginning an independent routine of exercise.

DESCRIPTIONS OF AVAILABLE ACTIVITIES

GROUP EXERCISE CLASS - 3 SPACES (MAXIMUM OF ONE CLASS PER DAY)

Attend any of the drop-in group exercise classes at the RCW Fitness Center or at City Hall. Updated schedules for RCW can be found on the RCW website or at the RCW Fitness Center at Belle Square.

FITNESS ASSESSMENT - 3 SPACES

This assessment identifies your resting blood pressure, resting heartrate, body composition, cardiovascular endurance and recovery, flexibility and strength. Every Fitness Assessment is tailored to you and measuring what is most important in achieving your wellness goals. Call (608) 782-5029 or email Dawn at dcimperman@rcwlacrosse.com to schedule your Fitness Assessment with one of the Fitness Trainers.

PERSONAL WORKOUT OR 30 MINUTE WALK- 2 SPACES

Complete a personal workout of your choice, whether it's at the RCW Fitness Center, City Hall or at home. Need ideas? Ask one of the RCW Fitness Trainers for help creating a workout plan!

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HEALTH COACHING – 5 SPACES (INITIAL), 2 SPACES (CHECK-IN), 1 SPACE (EMAIL)

During a 30 to 60-minute consultation, the Health Coach will address the improvement of your overall health and wellbeing based on your personal goals. To schedule a meeting with the Health Coach, log on to the RCW website, select “make an appointment” and select “Health Coaching with Dawn Cimperman”.

TRY A HEALTHY NEW RECIPE – 2 SPACES

Have you always wanted to try making zoodles or sweet potato boats? Do you feel stuck in a meal planning rut? Try making a new (healthy) recipe and submit your creation on the website. Not sure what to make? Email Jordan (jmurray@rcwlacrosse.com), RCW’s Registered Dietitian, for ideas!

NUTRITION COUNSELING - 5 SPACES

Jordan, RCW’s Registered Dietitian, takes a collaborative approach to identify nutrition strategies that best align with your goals and lifestyle. To schedule an appointment, log on to the RCW website, select “make an appointment”, select “Nutrition Counseling with Jordan Murray”.

SELF-CARE SCENARIO – 2 SPACES

These scenarios will be sent via email three times during the wellness challenge. Read and respond to the email with your answers to earn two spaces.

SPOT TOPIC PRESENTATION – 5 SPACES

Attend one of the Spot Topic 30-minute presentations. See “Important Dates” for more details.

TOBACCO CESSATION – 4 SPACES

Are you interested in reducing your use of tobacco or nicotine products? Schedule a 15-minute appointment with Michelle, the Certified Tobacco Treatment Specialist, via the RCW website. Log on, select “make an appointment”, select “Tobacco Cessation”.

ATTEND FIT FAMILIES - 5 SPACES

Attend Fit Families on Saturday, February 15th. Encourage the whole family to get up and moving with this month’s focus on yoga and mindfulness practices – no experience necessary! Register by emailing Brianna at bmowbray@rcwlacrosse.com. See “Important Dates” for more details.

GUIDED MEDITATION – 4 SPACES

Participate in one of the drop-in 45-minute guided meditation sessions to increase mindfulness for stress reduction. Sessions are held Monday evenings in the Belle Square Group Exercise Studio from 4-4:45 p.m. or connect virtually via Zoom using this link: <https://zoom.us/j/234224473>.

INDEPENDENT MEDITATION – 2 SPACE

Start an independent meditation practice of your own! Simply closing your eyes and focusing on your breath for five to ten minutes is a great place to start.