



FALLING FOR WELLNESS



REGISTRATION FORM

Name: _____

Student Staff (circle one)

Email address- _____



WELLNESS CHALLENGES

Monday	Tuesday	Wednesday	Thursday	Friday
9/14: Take a 30 minute walk on the FVTC Nature Trails.	9/15: Attend a FVTC Group Exercise Class today.	9/16: Eat 5 servings of fruit and/or vegetables today from a variety of colors.	9/17: Smile and say hello to 5 strangers today as you pass them in the halls.	9/18: Record everything you eat today, Saturday and Sunday in a Food Journal or app.
9/21: Walk the 1.6 mile route on the FVTC Nature Trails (map in Wellness Center).	9/22: Challenge Brandy on the Wii in Student Life between 10:30am-12:30pm.	9/23: Use 5 different weight lifting machines in the Wellness Center.	9/24: Do at least 30 minutes of cardio (Wellness Center or in our group exercise classes).	9/25: Do something kind for 3 people today to improve their day.
9/28: Take 15 minutes to stretch and meditate today.	9/29: Log on to DrAnnWellness.com and watch 3 short video clips of your choice.	9/30: Do 30 pushups, 30 sit ups & 30 lunges on each leg (doesn't have to be all at once).	10/1: Tell someone how important they are to you and thank them.	10/2: Complete 30 minutes of cardio and 15 minutes of strength training.
10/5: Attend a FVTC Group Exercise Class today (<u>extra leaf if you bring someone new!</u>)	10/6: Complete 30 minutes of Cardio in the Wellness Center.	10/7: Walk the Stonebridge Trail on the FVTC Nature Trails (map in Wellness Center).	10/8: Participate in the Plank Challenge in the Commons from 11:30am-12:30pm today.	10/9: Make a meal using healthy ingredient substitutions/modifications and share a Picture of your food our facebook page, FVTC Wellness



There will be chances to **win more leaves** by checking our Facebook page for random challenges! www.facebook.com/fvtcwellness