

WELLNESS REWARDS CHALLENGE: 2 MINUTE DRILL

2 Minute Drill

This is a four week challenge designed to encourage participation in physical activity throughout the day. Participants will award themselves one point for completing two minutes of any of the following activities:

- Push Ups
- Sit Ups
- Wall sits or squats
- Walking the stairs
- Stretching

Won Minute Workouts

You can also earn one point for completing 2 minutes of any of the won minute workouts that are sent. To join the email list send an email to healthyherd@wpi.edu

The goal of this challenge is to reach 20 points by the end of the challenge.

Helpful Ways to not Stay at your Desk All Day:

- Take a break from your computer every 30 minutes
- Walk to your colleague's desk instead of phone or email
- Drink more water
- Stand during phone calls
- Use a height adjustable desk

