

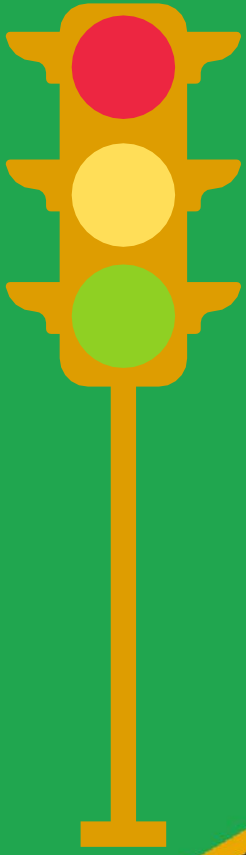
Healthy Habit Roadmap



Join us on a journey to practice incorporating healthy habits into your daily lifestyle.



Follow the road to practice healthy habits. Each time you stop at a road sign, a healthy challenge will be provided.



Getting Started - Healthy Habit Roadmap



The Human Resources Office and the Wellness Committee have teamed up to encourage employees to build healthy habits. This Healthy Habit Roadmap provides basic information and tracking on a variety of healthy habits and aspects of wellbeing that are part of an overall wellness plan. While the “road stops” covered assume a beginner or introductory level, employees are encouraged to personalize this process to the level of their own wellness practices.

To get started on your individual pathway to wellness, read through this booklet and select 4 Healthy Habits* that you would like to focus on for this year and list them below.

My Healthy Habits are:	
1.	
2.	
3.	
4.	

*Important note: If you have any medical conditions, please consult your physician before making changes to your diet, exercise and hydration.

To help you get started, here are some resources to learn about building new habits.

- [What does it really take to build a new habit?](#)
- [Review articles of interest by James Clear, author of Atomic Habits](#)

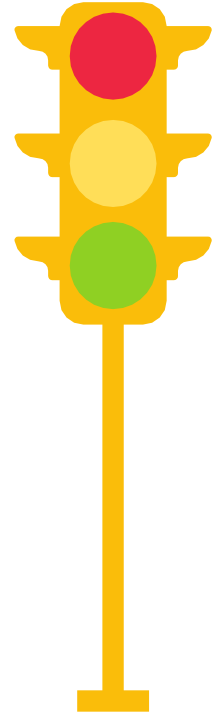
Completion of this Healthy Habit Roadmap for your identified Habits above will serve as the Wellness activity to earn the wellness incentive for the 2024 year. Employees have until the close of the Open Enrollment period this fall to complete their Healthy Habit Roadmap. The submission process will be provided during Open Enrollment.

Name: _____ Signature: _____

Healthy Habit

Road Stop #1

Meditation & Mindfulness



Studies have shown that meditation can help manage stress and anxiety, resolve conflicts, control impulses, and improve resilience, memory, and concentration (National Institutes of Health). Begin building this habit by meditating for at least 5 minutes each day, once you have successfully completed the exercise, log it in the chart below. At the end of the week, please sign off to confirm you have completed the 'stop' in the road.

For tips on how to meditate or the health benefits of meditation, [click here](#). Additional mindfulness exercises and activities to try can be found [here](#).

Day/Date	Minutes Completed
1	
2	
3	
4	
5	
6	
7	

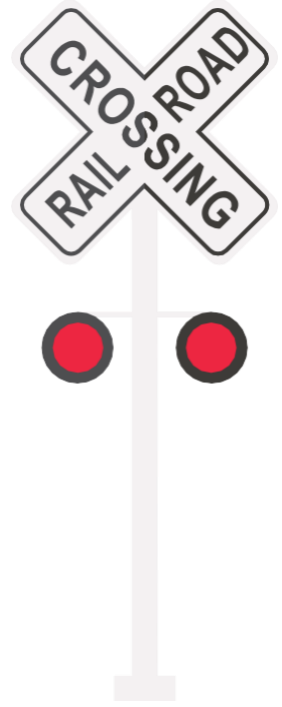
Name: _____

Signature: _____

Healthy Habit

Road Stop #2

Hydration



Did you know that drinking water helps cushions joints, protects your spinal cord and other sensitive tissues, and gets rid of wastes through urination, perspiration, and bowel movements (Centers for Disease Control and Prevention)? While there are a few exceptions due to certain medical conditions, most people benefit from improving their hydration*.

As a guide, use the link below to calculate your water intake goal and log it in the table below. Then use the other table to track your water intake each day using ounces. At the end of the week, please sign off to confirm you have completed the 'stop' in the road.

Water intake goal calculator along with hydration information: [click here](#)

Calculated Water Intake Goal
_____ oz.

Day/Date	Daily Ounces Consumed
1	
2	
3	
4	
5	
6	
7	

Additional information regarding the importance of water and healthy hydration can be found [here](#).

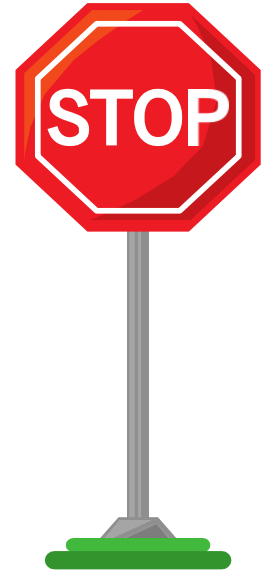
*Important note: If you have any medical conditions, please consult your physician before making changes to your diet, exercise and hydration.

Name: _____

Signature: _____

Healthy Habit

Road Stop #3



Social & Community

According to the National Wellness Institute, social wellness is about contributing positively to one’s environment and community, recognizing the relationships and interdependence between oneself, the community and nature, and living in harmony with others and our environment. Improving social and community wellness involves taking active steps toward building better relationships with family and friends and contributing in your community. Simply put, finding ways to give back. Learn about social well-being [here](#).

There are many ways to improve your social and community wellbeing. If this is an area important to you, plan for some time to learn more and reflect and then chart a path forward. Work your way through these activities to get started and when done please sign off to confirm you have completed the 'stop' in the road.

Tasks	Date Completed
Review 6 strategies for improving your social health here	
Write down three (3) goals for improving your social well-being.	
Keep a gratitude journal for one week	

Additional resources:

- For a deep dive into social wellbeing from a positive psychology perspective, visit [this site](#).

Name: _____

Signature: _____

Healthy Habit

Road Stop #4

Exercise



Exercise is proven to improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities (Centers for Disease Control and Prevention).

Use chart below to log your minutes and the type of exercise you have completed for one week. The CDC recommends getting at least 150 minutes of moderate-intensity physical activity and incorporating two days of muscle strengthening activities per week.* Track your activity in the chart below. At the end of the week, please sign off to confirm you have completed the 'stop' in the road.

Day/Date	Minutes of Exercise	Type(s) of Exercise Performed
1		
2		
3		
4		
5		
6		
7		

*Important note: If you have any medical conditions, please consult your physician before making changes to your diet, exercise and hydration.

Name: _____

Signature: _____

Healthy Habit Road Stop #5

Nutrition



A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, and have a positive effect upon blood sugar, which can help keep appetite in check (Harvard School of Public Health).

Harvard Medical recommends eating at least 5 total servings of a variety of fruit and vegetables every day, **[click here to see the specific serving sizes](#)**. See if you can incorporate at least two new vegetables and one new fruit this week. Look for recipes to help you prepare them. Use chart below to log your daily servings of fruit(s) and vegetable(s). When complete, please sign off to confirm you have completed the 'stop' in the road.

Start date: _____

Day	Servings of Vegetables	Servings of Fruit
1		
2		
3		
4		
5		
6		
7		

*Important note: If you have any medical conditions, please consult your physician before making changes to your diet, exercise and hydration.

Name: _____

Signature: _____

Healthy Habit

Road Stop #6

Financial Wellness



Financial wellness is a state of financial well-being in which you can manage your bills and expenses, pay your debts, weather unexpected financial emergencies and plan for long-term financial goals such as building college funds and saving for retirement (Annuity.org).

Use chart below to take action to improve your financial wellness. Some items may take longer than others so please plan accordingly. When finished, please sign off to confirm you have completed the 'stop' in the road.

Financial Wellness Checklist	
Tasks	Date Completed
Watch the following video: click here	
Read the following financial wellness tips: click here	
Review your retirement savings	
Write down five financial goals for the year	
Create a monthly budget	

Helpful resources for completing the checklist:

- [TIAA-CREF resources](#)
- [Wilkes benefits & retirement information](#)

Name: _____

Signature: _____

Healthy Habit

Road Stop #7

Sleep



During sleep, your body is working to support healthy brain function and has an effect on growth and stress hormones, our immune system, appetite, breathing, blood pressure and cardiovascular health (National Institutes of Health). Learn 12 tips for improving your sleep [here](#). For additional info about these tips and more, review [this site](#).

According to the NIH, experts recommend that adults sleep between 7 and 9 hours a night. Use chart below to log the numbers of hours of sleep each night for one week. At the end of the week, please sign off to confirm you have completed the 'stop' in the road.

Sleep log	
Day	Hours of Sleep
One	
Two	
Three	
Four	
Five	
Six	
Seven	

Name: _____

Signature: _____

Healthy Habit Road Stop #8

Other Wellness Activities



The University Wellness Committee will hold various events or activities from now through the Open Enrollment period in which you can participate to help achieve your wellness goals. To get credit for this Road Stop, complete at least 3 of these activities and track your progress in the table below.

Activity or Event	Date(s) Completed
Complete a biometric screening (blood pressure, cholesterol reading, etc.)	
Attend an educational event.	
Attend a fitness activity.	
Other -	
Other -	

Do you belong to and regularly attend a fitness center? ___ YES / ___NO

Please provide the name and a link to the website.

Name: _____

Signature: _____

Healthy Habit Reflection

Part of improving personal wellness is the process of reflection and becoming more self-aware. After you have completed the activities related to your three or four Healthy Habits take a few minutes to reflect on the experience by answering the questions below then sign off that you have completed this last step in the Roadmap.

This process is intended to benefit you. No one at Wilkes will be reading these answers, nor will they be logged or tracked anywhere. Our benefits coordinator, BSI, will simply check to determine if you completed the activity and convey to the Human Resources department a list of names who completed the Healthy Habits Roadmap in order to earn the wellness incentive for the 2024 benefits year.

What have you discovered about yourself during this exercise?

(Add your answer here.)

What Healthy Habits are you most positive about now and why?

(Add your answer here.)

How will you continue to incorporate these new Healthy Habits into your lifestyle going forward?

Name: _____ Signature: _____

Congratulations!
You have completed the
Healthy Habit
Roadmap.

