

Wellness Champion Playbook

WELLNESS CHAMPIONS



CONCORDIA PLANS

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Introduction

Role of a Wellness Champion

As a Wellness Champion, you are the team captain encouraging others to live a healthy lifestyle through their daily habits. You don't need to be an athlete to captain the team, but simply a leader that inspires individuals in your ministry to manage their wellness.

Purpose of the Playbook

Concordia Plan Services walks with LCMS ministries in caring for workers and their families so that the Word of God continues to spread! The healthier you are, the more you can focus on others and share the Good News. This is the meaning of Be Well, Serve Well.

This Playbook offers "Plays" like in football or basketball that can be implemented to help in an area of wellness. It gives ideas for your team to apply in their daily well-being journey. The Playbook is a resource for Wellness Champions to use to create challenges or events that make being healthy more fun and manageable. Let this be the backbone of the challenges, but adapt it to the culture of your ministry. Allow this Playbook to help you be more creative!

Implementing a Play

While all are designed for success, not all Plays work. Some are easier than others and some healthy habits may stick while others may not. It's up to each individual to play for the challenge or play for life.

How to Use the Playbook:

1. Pick one Play or combine a couple.
2. Implement it.

If you design your own Play, consider:

Be Understanding. People are going to miss days or fall behind. Find a way for them to stay in the challenge. Every Play can change a habit and make a difference to their health.

Daily Activity. Instead of allowing participants to complete the Play in one burst of activity, create Plays that encourage daily activity.

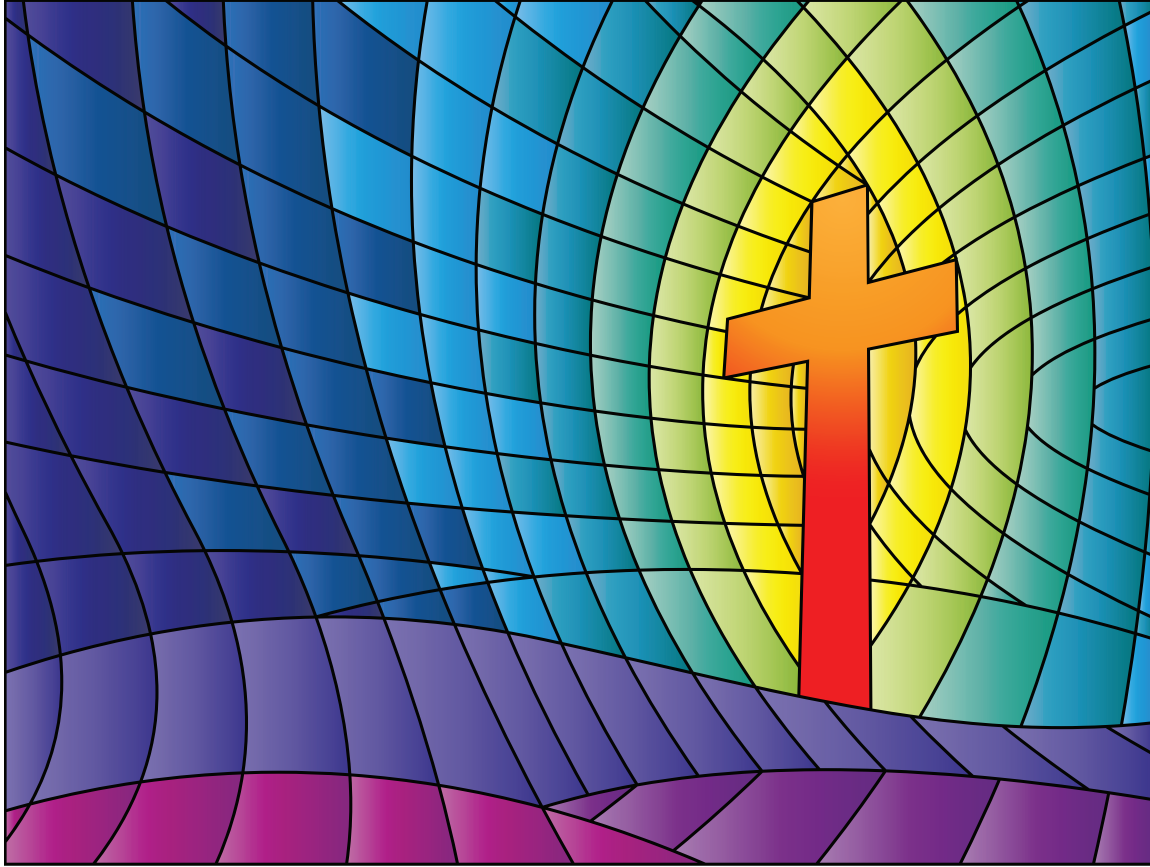
Any Positive Change is a Win. Participants should be able to attain the goal and reward. Having a leaderboard is acceptable, but place emphasis on their lifestyle change being the reward.

Find a Balance. Try to create a Play that isn't too challenging or too easy. Being welcoming to all members of your ministry may require different tactics of engagement.

Simplicity is Key. Don't create Plays with difficult rules to understand or track. The easier the rules, the more likely people will participate.

The Wholeness Wheel:

There are many facets to well-being – Emotional, Intellectual, Financial, Physical, Relational, Spiritual and Vocational. The Playbook is focused on helping participants develop a healthy lifestyle by touching on these aspects. It's a good idea for Wellness Champions to alternate Plays from each category to inspire a well-rounded, healthier team that can share the Word of God. Share with your ministry the importance of strengthening a specific area of wellness found at the beginning of each category.



Faith

Importance: A Christian's faith is like an ember. When Christians come together as one to hear the Word of God and strengthen their faith they burn bright; they are a fire. When an ember is alone, it will eventually lose its heat if not stoked by the fire or in a Christian's case – God's Word. Keeping our faith on fire can take a lot of time and energy, but it is the most important aspect of our wellness that affects our lives and our ability to evangelize. The following Plays are challenges to stay spiritually well by making our faith more of a priority.

Play
#1

In the **Word**

FAITH

When buying new technology, you open the box to find a user's manual. The Bible is a Christian's user's manual, and we would be silly not to use it. Proverbs 4:20-21 says, "My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart."



How To:

Read one Chapter of a Book in the Bible each day until you finish the book. Once you finish that book, start a new one. By keeping it simple with a chapter a day, you can really focus on what the passage is saying.

Find a table of contents online for the books of the bible with chapters listed. Each day when you complete a chapter, highlight it or put a check mark next to it.

Romans 10:17 "So faith comes from hearing, and hearing through the word of Christ."

As you go, if you find a book with several short chapters, try reading two or three chapters and be sure to check them off on your table of contents



Ministry Meter:

For larger ministries: Split your departments up and have each department choose their own section to focus on together.

For smaller ministries: Have each person focus on one book or section.



Helping Hand

Attach a table of contents or checklist of the books of the bible

Prayer Pals

Play
#2

Relationships are impossible to maintain without communication. As the saying goes – communication is key. Prayer is our way of communicating with God and being closer to Him. James 5:13 says, “Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.”

FAITH



How To:

Increase our time in prayer with Christ. Find a time in your day – maybe when you wake up in the morning or before lunch. Keep it consistent so it becomes a habit to use that time to talk with God.



Another Approach:

Create an anonymous prayer box or board where individuals can write prayers down and people can stop by and read what to pray for.

Play
#3

Talk About It

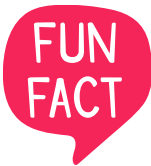
FAITH

Being able to have a real conversation with a person you trust and receive responses that stick with you can be very important. Proverbs 19:20 says, "Listen to advice and accept instruction, that you may gain wisdom in the future."



How To:

Schedule a meeting this month with a mentor or a person you look up to in the faith. Simply have a conversation or reconnect with them.



Fun Fact:

God is the only perfect mentor, but it is helpful to have others to guide you along the way.



Double Down:

Ask someone you look up to or a mentor to go for a walk so you can burn some calories while you chat.



Journal

Play
#4

Writing down your thoughts and feelings is a therapeutic way to gain understanding and think more clearly. Christ eternalized His words by having them written down. Jeremiah 30:2 says, "Thus says the Lord, the God of Israel: Write in a book all the words that I have spoken to you."

FAITH



How To:

Write 15 journal entries this month. Write about whatever is on your mind – prayer requests, daily struggles, questions, highlights, memories, etc. The entries can be long or short! Try to write in your journal before you go to sleep, it'll put all the cooped up thoughts in your mind onto paper. This will allow you to sleep in peace.



Helping Hand:

It may be helpful to provide your team with a journal to get them started or have them respond to prompts.



Play
#5

Bible Study

FAITH

Going to church on Sunday and hearing the Word of God is great! But an advantage of Bible Study is being able to interact with the readings and develop more theological insight. Joshua 1:8 says, "This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success."



How To:

Attend a Bible Study at your church or create one with a group of friends or co-workers this month. You don't need a detailed plan to begin – just choose a chapter, start reading and discuss!



Another Approach:

Want to take this one step further? Put on a Bible Bowl competition with your team based on a few chapters from a specific book in the Bible. This way you are studying the Word, and you can discover how much you know in a fun way. The Internet can be your friend when looking for Bible Study questions or Bible Bowl questions. Here are some basic Bible Bowl rules to get you started.

- Bible Bowl is a quick recall program where students compete over their knowledge of scripture. However, you can put on your own competition and adapt the rules to fit your ministry. Choose a book or books from the Bible as the text. A team competes against another team by answering questions about a selected segment of the text either for a specific amount of time or specific number of questions. The team with the most points at the end of the game wins!
- The quizmaster reads questions to the players. The team to buzz in and answer correctly gets 10 points. If they answer incorrectly, it is -3 points and the other team has a chance to answer. Teams can also offer a "more correct" answer at the discretion of the quizmaster.

Christian Radio and Podcasts



FAITH

There are many scientific benefits to listening to music, including increased happiness, lower stress and better sleep. However, Christian music can do that AND draw us closer to the Holy Spirit as Christ calls us to in Colossians 3:16, "Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."



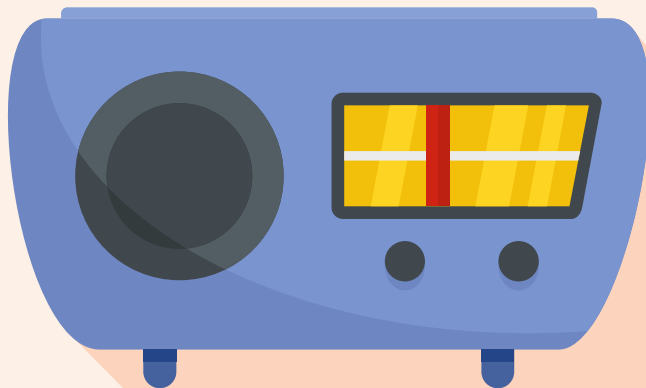
How To:

Tune your radio to a Christian station or playlist for a whole month. Listen to it while driving in the car, cleaning the house, cooking or going for a run. Maybe even play it in the office on lunch break! Podcasts are another great way to listen to the word on the go, check out a site with Christian podcasts.



Helping Hand:

Need some help finding Christian artists? Amy Grant, Britt Nicole, Casting Crowns, Chris Tomlin, For King & Country, Francesca Battistelli, Hillsong Worship, Lauren Daigle, Lecrae, Mandisa, Matthew West, Newsboys, MercyMe, Cody Asbury, Third Day and Toby Mac are just a few well-known Christian artists.



Play
#7

Helping Hands

FAITH

God has given you many abilities and talents that you can offer others, especially in your congregation. Galatians 6:10 says, "So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith."



How To:

Assist with an event this month at your ministry. Whether it's a youth lock-in and you can swing by with some cookies or a group is volunteering at a local food pantry, try to participate!



Fun Fact:

Being involved in your ministry's community can help foster friendships rooted in faith that are hard to find elsewhere. It can boost your own faith or grow somebody else's if they have a support system within the church.



Connection **Corner**

Play
#8

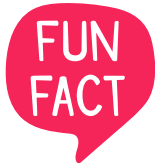
Interacting with the youth is essential for the church to grow and survive. Over and over again in the scriptures, Christ calls the children to Him and advises on their upbringing. Proverbs 22:6 says, "Train up a child in the way he should go; even when he is old he will not depart from it."

FAITH



How To:

Connect with the youth this month by attending one of their events or helping them create one – whether it's during Sunday school, confirmation, fellowship time or a church lock-in. Let them know that they are important to you and to the church.



Fun Fact:

Keep in mind the college students who also need support and may not be comfortable in their new surroundings. In this transitional time, being remembered by the church can be vital in their life.



Go the Extra Mile:

Coordinate a volunteer opportunity where youth can earn service hours for their organizations.

Play
#9

Devotions

FAITH

Knowing God and growing spiritually are primary goals of a Christian. Devotions can help us focus on Christ and what He did for us. James 4:8 says, "Draw near to God, and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded."



How To:

Read a daily devotion for a month. Whether every morning or every night – five or 30 minutes – make it a habit to draw near to God every day. A devotion app or newsletter is an excellent tool to recommend.



Another Approach:

Implement a group devotion in your ministry – if not every day then once a week. If you need a devotional book for your team to follow, here are a few recommendations: "Portals of Prayer," "Lutheran Hour Ministries," "Jesus Calling" and "Proverbs 31."



Ministry Meter:

For larger ministries: Break up a devotional group by department to make it more personal.

For smaller ministries: Rotate co-workers who lead the devotion when gathering together.

An **App** for That

Play
#10

Technology has taken over the lives of many, but it doesn't have to be a bad thing. Humanity has been made very capable innovators by God. In fact, in Exodus 31:3-5, the Lord said "And I have filled him with the Spirit of God, with ability and intelligence, with knowledge and all craftsmanship, to devise artistic designs, to work in gold, silver, and bronze, in cutting stones for setting, and in carving wood, to work in every craft." Technology is a craft that can allow us to show our abilities and intelligence.

FAITH



How To:

Download a Biblical app and interact with it on 10 occasions in a month. Find one that you like and gives you what you are looking for. Let it be an inspiration for you to connect with God.



Fun Fact:

There are many apps out there, including help for teaching Bible stories to children, memorizing verses, keeping track of prayer or carrying a digital Bible with you wherever you bring your cellphone or tablet.

Play
#11

Sing for **Joy**

FAITH

In our happiest moments, common behaviors include people jumping up and down, dancing and shouting for joy! Singing is a way to show God praise - to worship Him. Psalm 100:1-2 says, "Make a joyful noise to the LORD, all the earth! Serve the LORD with gladness! Come into His presence with singing!"



How To:

Sing praises to God this month. Whether it's singing loudly in church, using your talent to lead music, singing "Jesus Loves Me" to your children or singing to God along with your favorite Christian artist on the radio, take a day every week to be intentional about sharing your joy with God!



Another Approach:

Want to take it a step further? Join the church choir or attend a Christian concert at a nearby Christian university. You could also put on a talent show and invite others in your ministry to participate.





FINANCE

Finance

Importance: Christ calls us to be good stewards – to be responsible and manage the earth. Though He makes it clear that treasures of this world are not to be the end goal, Christ acknowledges money is a resource we can use to provide for one another. On top of that, financial stability can create peace of mind which in turn allows for people of Christ to focus on expanding their ministry – God’s Word – with fewer barriers. Our trust must be in the LORD in all things. The following Plays are challenges to improve financial wellness and be obedient to God.

Play
#1Track **Spending**

The first step to managing your money is to track your spending. Luke 14:28 says, "For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it?" Doing this can help you learn how much of your money is going toward essentials and non-essentials.

**How To:**

Track your spending this month by keeping a running total of your spending in every category (e.g., household expenses, insurance, car payments, groceries, etc.), especially those you have some control over.

**Helping Hand:**

You can use an app or a spreadsheet to help track your monthly spending to decide if you need to make some changes.



Increase Savings

Play
#2

We cannot predict the future and what it will hold, but increasing our savings over time can create an emergency cushion or help prepare for retirement. Saving is gathering appropriate, sensible resources for a defined, responsible purpose. Proverbs 13:11 says, "Wealth gained hastily will dwindle but whoever gathers little by little will increase it."

FINANCE



How To:

Save \$5 or more a week.



Helping Hand:

Check in with your bank on services they can provide. Sometimes banks can transfer \$1 to your savings every time you swipe your credit card. You could also use coupons, collect loose change, be frugal, make your coffee at home or buy used items instead of new.

Play
#3

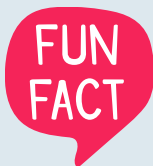
Budget

Budgeting is the most effective tool for managing money. Without a budget, we are at the mercy of our impulses and sinful nature. Proverbs 21:5 says, "The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty."



How To:

Create a budget for the month and stick to it. At the end of the month, see what worked well and what didn't. Tweak it for future months.



Fun Fact:

Budgeting doesn't mean you have to stop enjoying life – it helps you allocate your money so you CAN enjoy life responsibly.



Double Down:

Spend some time as a family and teach your kids how to create a budget as well as give them other financial tips. You might learn something yourself!



Check Interest **Rates**

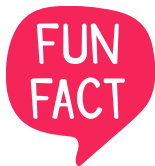
Play
#4

Proverbs 28:8 says, "Whoever multiplies his wealth by interest and profit gathers it for him who is generous to the poor." God does not wish for us to charge or get charged an unfair interest rate. We only have so much say in the matter, but it can make a difference.



How To:

Check the interest rates you are paying for each of your loans and credit cards to guarantee you are getting the best rates possible. As your financial situation shifts along with your credit score, you could qualify for a lower rate.



Fun Fact:

A lower rate means saving money!

FINANCE

Play
#5

Charitable Gift

All things belong to the LORD, including our money. The Bible instructs us to give a tithe, and in Proverbs 3:9 it says, "Honor the LORD with your wealth and with the first fruits of all your produce." When creating a budget, make sure to factor tithing into it.



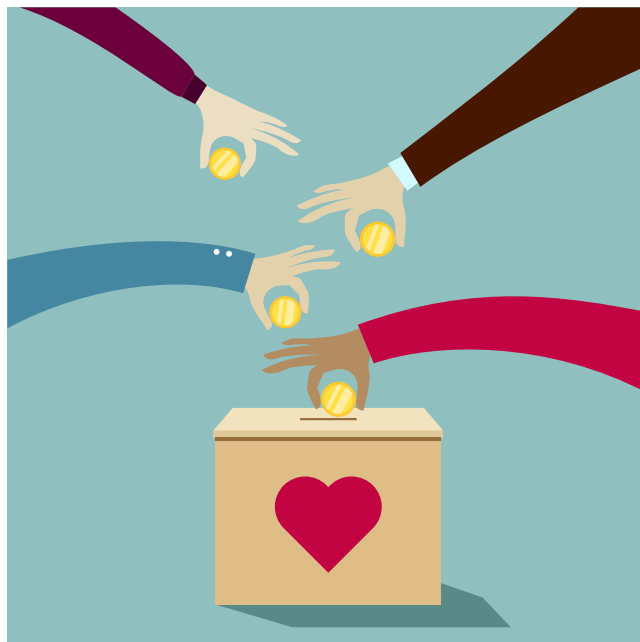
How To:

See what loose change or room in your budget you may have to increase what you tithe by at least \$1.



Another Approach:

Your ministry also could raise money to support a charity by holding an event such as a spaghetti dinner night or a car wash.



Compare Service Providers

Play
#6

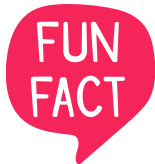
With new technology shifting the pattern of our service providers every day, it may be that you are not enrolled in the best deal and are missing an opportunity to save money. The Bible instructs us in Proverbs 27:23, "Be diligent to know the state of your flocks, and attend to your herds." We must know the state of our belongings and attend to them – decide if your current path is in your best interest.

FINANCE



How To:

Compare your service providers this month – cell phones, Internet, cable, video streaming, garbage service, etc. If there is an opportunity to save money by switching or maybe even dropping a service, consider doing it.



Fun Fact:

Make sure you only have one subscription per service and that you are not accidentally paying for the same thing twice because you forgot to cancel a free-month trial.



Check it out:

Make sure you are utilizing what you are paying for, many phone or cable services offer streaming services for free. Take advantage and ask questions!

Play
#7

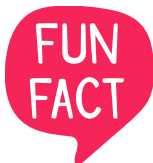
Wait to Buy

Impulse buying is very common, and marketers exploit this weakness. However, Luke 12:15 says, "And He said to them, 'Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions.'"



How To:

Wait seven days before making optional purchases this month. If it is not a normal purchase, write down the date. Then seven days later, if you still want to buy it, go for it!



Fun Fact:

This will help you avoid unnecessary purchases and enjoy what you buy even more.



Increase Monthly **Loan Payment**

Play
#8

Most Americans are currently in debt. Unfortunately, this isn't something to brag about as Proverbs 22:7 says, "The rich rules over the poor, and the borrower is the slave to the lender." As Christians, we have been freed as slaves to sin; let us not become slaves to something else.

FINANCE



How To:

Increase your payment towards your principle on a loan. You decide how much – factoring in what is maintainable until that debt is paid in full.



Fun Fact:

Paying off a debt sooner helps you save on interest and reduce stress levels. Feel a sense of freedom as your debt shrinks.



Savings Challenge

Saving money can be difficult; it requires patience, willpower and sometimes sacrifice, but Christ reminds us in Deuteronomy 8:18, "You shall remember the LORD your God, for it is He who gives you power to get wealth, that He may confirm His covenant that He swore to your fathers, as it is this day." If we bide our time, plan and save, God can show us the reward.



How To:

Complete three or more saving actions per week. Keep a tally of how much money you save or make from each activity. How much can you save in a month?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Establish or review your budget	2 Monitor your credit report	3 Write down everything you spend for one week	4 Assess your debt	5 Make a list before shopping (and stick to it)	6 Cancel any unused memberships	7 Try the generic version of one brand item you regularly buy
8 Plan your meals for the week	9 Price compare your most expensive grocery item	10 Find unused items around your house you can sell	11 Negotiate interest rate for a credit card that has a balance	12 Review utilities and cut unused "extra" services	13 Swap babysitting with a neighbor	14 Use coupon(s) or coupon app when grocery shopping
15 Consider shopping for staples in bulk	16 Avoid dining out all week	17 Search for free local activities	18 Remove credit card numbers from online shopping accounts	19 Switch to energy efficient light bulbs	20 Use only cash for the weekend	21 Have a yard sale or sell items online or at a resale shop
22 Air seal your home to prevent losing your cool (air)	23 Set up autopay to prevent late fees	24 Consider using a smart strip to help save electric costs	25 Repurpose something instead of tossing it out	26 Consider a high-interest savings account or fee-free checking account	27 Line dry your clothes this weekend	28 Have family movie night in vs. dinner out
29 Rent a movie or book from a library vs. buying	30 Bring your lunch to work	31 Make your own coffee at home	Complete three (or more) saving actions per week. Keep a tally of how much money you save or make from each activity. How much can you save in 31 days?			



Helping Hand:

You could enter completed calendars into a drawing to encourage participation.

Vacation Cash

Play
#10

Often we have good intentions to make good money decisions but when we have credit cards, it is easy to overspend. Proverbs 10:4 says, "A slack hand causes poverty, but the hand of the diligent makes rich", spend wisely and see how strong your will power is.



How To:

See if you can only spend money on your next vacation using cash. Start with a budgeted amount that you think you should spend and see if you can stick to it. Keep a credit or debit card as back-up but only use it in case of an emergency.

TIP!

Be sure to not bring all your cash with you everywhere you go for safety reasons, leave some in the safe or hidden in your hotel room.

FINANCE



Play
#11

Put It **Back**

Sometimes it is hard to only take what we need when we have access to so much. Proverbs 25:16 says, "If you have found honey, eat only enough for you", this reminds us to take what we need since truly we already have what we need from Christ.



How to:

For the next month, each time you go to the supermarket or a store, put one item back before you purchase. Obviously if you really need every item you are purchasing go ahead and buy them but often when grocery shopping, especially when we are hungry, we buy things we do not need. This will help your finances and it could help your nutrition if you choose to put an unhealthy item back.



Helping Hand:

Always use a list when you grocery shop to make sure you are getting what you need to prevent unnecessary trips to the store.

Generic Can Be **Okay**

Play
#12

Remember any effort to increase your wealth adds up as we are reminded in Proverbs 13:11, “Dishonest money dwindles away, but whoever gathers money little by little makes it grow”. Although the ultimate wealth we possess is the gift of eternal life, building an honest wealth on earth is much more valuable than a dishonest wealth.



How to:

See if any products you are currently purchasing could be switched to generic products. Some of these items could include plastic products, over the counter medication, and food items. Generic items usually cost much less and can be comparable to the brand name product. Maybe try to do it every other time you go to the store or once a month.

FINANCE

Play
#13

See It, Sell It

Putting yourself in the position to be generous and comfortable is the first step to reaching that state. We are often reminded of people in the bible who would do so, "And they were selling their possessions and belongings and distributing the proceeds to all, as any had need". Selling things we do not need will give us the opportunity to help ourselves and those around us not only monetarily but it also helps us serve by relinquishing financial stress we have.



How to:

You probably have so many items in your home that you aren't sure what to do with. Check its' value online and decide if you'd like to sell it on a local marketplace site. You can often clear out some clutter and make a few bucks while you are at it. If you really want to take it to the next level, make selling stuff on the side a hobby.



Fitness

Importance: In the beginning, God created man in His image. As 1 Timothy 4:4 says, "For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving." Christ rejoiced over our creation, our bodies are a gift from God that we should treat well. Staying physically fit allows us to have more energy to do God's work and respect God's creation.

Play
#1

Bike

Biking provides many benefits to our health, some of which include muscle strength, improved coordination, joint mobility and increased cardiovascular fitness. You probably have heard it all before, but biking can help you on your way to good health. And good health is something to strive for as 3 John 1:2 says, "Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul."



How To:

Take a bike ride around your neighborhood twice a week for a month.



Another Approach:

It may be more enjoyable if you bike with a group (i.e., family or friends also taking on the challenge). Maybe your ministry can host weekly group bike rides or hold a "Bike to Work Day."



Having Trouble?:

If you do not have a bike or cannot ride anywhere near you, look for a bike share program or see if a community center around you has a stationary bike.



Strength Bingo



The Bible repetitively talks about the amazing strength of the Lord, but He also calls us to be strong. Having the physical strength to complete tasks asked of us can be a way of showing respect to God. Proverbs 31:17 says, "She sets about her work vigorously; her arms are strong for her tasks."



How To:

Complete two Bingos a week (five across, down or diagonal) this month.



Another Approach:

Try to complete more than two bingos or even a blackout each week. You can always increase or decrease the time or the reps of each exercise to fit your needs.



Double down:

Listen to your favorite Christian artist while you work out to remind you of His Grace when you are all out of gas.

Strength Bingo Challenge				
30 sec. Wall-sit	20 Lunges	20 Jumping jacks	20 Squats	1 min. Jog in place
20 Burpies	20 Sit-ups	20 Leg lifts	20 Bicep curls	20 Push-ups
Grapevine down and back x5	20 Mountain climbers	20 sec. Forward plank	20 Calf raises	20 High knees
20 sec. Arm rotations	30 sec. Side planks	20 Bicycle crunches	20 Butt kicks	Crab walk down and back x3
20 Crunches	30 sec. Superman hold	20 Tuck jumps	20 Inch worms	20 Flutter kicks

Play
#3

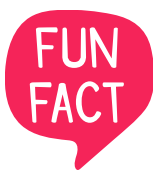
Take the **Stairs**

The invention of the stairs has a long history, for mention of them can even be found in the first book of the Bible. Genesis 28:12 says, "He had a dream in which he saw a stairway resting on the earth, with its top reaching to heaven, and the angels of God were ascending and descending on it." Even the angels of God use the stairs!



How To:

Try to use the stairs this month and refrain from using elevators. If you come across an escalator – walk it instead of just going along for the ride. Try to climb at least four flights of stairs a day.



Fun Fact:

Taking the stairs helps you burn calories, keep a healthy heart and build muscle tone.



Extra Effort:

Skip every other step to really feel the burn.



Stand Up

Play
#4

The human body was not made to live a sedentary life. Hours upon hours at a desk can have repercussions on your bones, heart and your emotional health. John 20:21 says, "Jesus said to them again, "Peace be with you. As the Father has sent me, even so I am sending you." If our bodies have given out on us, it makes it rather difficult to answer to the LORD when he wants to physically send us somewhere. We need to keep our bodies active, if even just by standing up.

FITNESS



How To:

Stand up and walk around at the top of every hour while at work during the week. It may seem insignificant, but it can make a difference to your wellness.



Helping Hand:

If working at a desk, see if there is an option to get a standing computer. It can be helpful to have a timer to remind you to stand. Keeping hydrated also will keep you running to the bathroom, so you can try that, too!

Play
#5

Team Up

The human spirit is a competitive one, so why not put it to good use? You don't have to take on the task of your well-being alone. Ecclesiastes 4:9 says, "Two are better than one, because they have a good reward for their toil." When co-workers are in it together, your whole ministry can improve their well-being.



How To:

Join or start a sports team and participate weekly for the month.



Helping Hand:

Some ideas include softball, basketball, volleyball, kickball, bowling or even dancing! Get out and get active while having fun.



Ministry Meter:

For larger ministries: Start a sports team at your ministry. Put together a tournament with multiple teams.

For smaller ministries: Do this on an individual level with your own family and friends.

Steps

Play
#6

Genesis 13:17 says, "Arise, walk through the length and the breadth of the land, for I will give it to you." Walking the earth definitely will help you get your steps in! Keeping our bodies moving now helps our bodies to stay moving longer as we age. We want to stay mobile so we can continue to be where God wants us to be.

FITNESS



How To:

Aim to walk 7,000 + steps a day this month. Keep track using a Fitbit, Garmin, Apple Watch or even an app on your smartphone.



Another Approach:

You can always change the step amount and even create teams. The team with the highest daily average number of steps over the challenge period wins!



Play
#7Make a **Splash**

Hebrews 12:12-13 says, "Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed." Exercise can be hard on your joints, so how can we keep our strength up? A great way to keep active without pounding on your body is to swim.

**How To:**

Find a pool (or body of water) this month and do some form of water exercise once a week. Whether you choose laps, water polo, water aerobics or simply treading water, get in a workout that is easy on your joints.

**Helping Hand:**

If the water is a little cold, try kayaking or pedal boats at a local park, you don't have to get in the water for it to wear you out.



Stretch Out

Play
#8

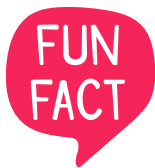
FITNESS

Maintaining flexibility is an important part of fitness. 1 Timothy 4:8 says, "For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." This verse is saying your faith is of the most value, but it ALSO says bodily training has value, too. We use our bodies to share our faith – from our brain to our feet. Keeping limber helps our bodies stay in the game so we can keep spreading the Good News.



How To:

Choose one stretch from each category to do every day. Your ministry can hold a daily/hourly stretching break!



Fun Fact:

Stretching should be performed slowly and smoothly. Don't push yourself too far. It is recommended to hold a stretch for 10 to 30 seconds and perform three repetitions per stretch.



Ministry Meter:

For larger ministries: Split up your stretch breaks by department or groups with similar schedules.

For smaller ministries: Find a time during the day for a group stretch break.

If your building does not have a fitness center try to invest in some stretching bands to improve both flexibility and strength.

Play
#9

Dance, Dance, **Dance**

Dancing is all around us – seen in little kids bopping to a tune, on television with shows such as “Dancing with the Stars” and with couples swaying back and forth to a lovely melody. Dancing improves heart and lung condition in addition to being fun! Plus, it is a way to glorify God, as Psalm 149:3 says, “Let them praise His name with dancing, making melody to Him with tambourine and lyre!”



How To:

Dance for at least five minutes a day for a month. Jamming to one or two songs every day should do the trick.



Another Approach:

Other options include taking a Zumba class, or if you want to really challenge your ministry, put together a Flash Mob. A Flash Mob would allow you to get great exercise by dancing, enjoy the time of fellowship with one another rehearsing and grab the attention of the public to share God’s message. Not only is dancing great exercise, but it’s also a mood lifter.



Ministry Meter:

For larger ministries: Choose a leader and start dancing!

For smaller ministries: Invite family and friends to join you in the challenge.



Check it out:

Many churches and schools will host Father-Daughter dances that you could promote participation in.



Walking Wednesdays

Play
#10

A baby's first steps are a milestone every parent looks forward to celebrating. When we start walking in faith, God celebrates too. Walking allows us to share Christ's message, in fact, Jesus walked A LOT to carry out His mission. Walking in the faith and physically walking are intertwined. Colossians 1:10 says, "So as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God."

FITNESS



How To:

Rally your ministry to participate in "Walking Wednesdays" this month. Choose a time that works well for your ministry and take a walk together, getting those steps.



Another Approach:

Your ministry could add more to "Walking Wednesdays" by encouraging people to walk to work, at least for short journeys. When appropriate, you also could hold walking meetings instead of being cooped up at a desk all day.



Ministry Meter:

For larger ministries: Allow multiple time slots from which ministry workers can choose to join others and walk.

For smaller ministries: Find a time that works with all of your co-workers' schedules.



Move **Uniquely**

Maybe you have tried exercising by going to the gym, but it just hasn't stuck. Any form of exercise has its benefits – whether it helps with endurance, strength, or flexibility, it just may take some courage to try them. Philippians 1:20 says, "...as it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death." We want to honor Christ with our bodies by keeping them healthy, but don't dismiss the idea that exercise can also be fun.



How To:

Try two forms of unique exercise this month. You define what unique means to you – something you've never heard of or something you haven't tried.



Helping Hand:

Some non-traditional forms of exercise could include rock climbing, ice skating, a trampoline park, laser tag, ultimate Frisbee, badminton, etc.



Ministry Meter:

For larger ministries: Organize an outing as a group.

For smaller ministries: Give ideas to the ministry workers encouraging them to invite someone to join them.



Double Down:

Show His love by organizing a labor based community service event that your ministry can complete together.

Get Physical **Challenge**

Play
#12

Our creator is always there for us to give him our stresses and worries, he gives us the power to handle everyday stress that sometimes feels like an uphill battle all the time. In these times we need to remember Psalm 55:22, "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken", He will sustain us as long as we are righteous and we can have peace through him.

FITNESS



How To:

Enroll in a new type of stress relieving exercise: Gardening, kick-boxing, sports team, swimming, labor based community service.

Play
#13Sit **Well**

We are ruled by a great Lord and are continually reminded of it throughout scripture like this verse from Psalm 47:8, "God reigns over the nations, God sits on His holy throne". We Sit all the time, it may not be on a holy throne but we can reign over our lives if we sit and remember who gave us the blessed lives we have.

**How to:**

Check to see if your organization can budget in a set of exercise balls to be used as chairs in offices. Using an exercise ball as a chair helps you engage core and back muscles for a sweat free desk workout!

**Another Approach:**

Encourage people to bring their own exercise ball if there is not room in your budget

**Fun Fact:**

Plastic 'chairs' with an insert for an exercise ball for the seat are available and can make the exercise ball chair a bit more office approved.

Golf Tournament

Play
#14

Not only is getting out and doing things a fun time, when in a Christ-centered community it is a great form of fellowship. We are told in 1 John 1:7, "But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from sin". This is a great reminder to enjoy the company of other followers of Christ and learn from one another about the faith.

FITNESS



How to:

Organize or participate in a charity golf tournament. Many churches and schools currently host such events. If this is the case, encourage members of your staff to make teams and participate. Consider seeing if they can get an approved day off work if it is during the week to help out a good cause.





Emotional

Importance: It may feel impossible to find peace in this world, but that is exactly what Christ gives to us. John 14:27 says, "Peace I leave with you; My peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." Christ calls us to be free of anxiety, to not worry. In order to do this, you have to find time to care for yourself and your needs. If you don't take care of yourself, it is hard to take care of others.

Sunshine

Play
#1

Genesis 1:3 says, "And God said, 'Let there be light,' and there was light." This was God's first act of creation, His first spoken words in scripture. Sunshine provides the human race with Vitamin D and is a huge mood lifter. Make sure you are getting enough sun in your life.



How To:

Spend at least two hours a week (about 20 minutes a day) enjoying the sun this month.



Helping Hand:

Get outside or lay in that patch of light streaming through your windows, but remember to keep your skin protected! Try eating lunch outside.

EMOTIONAL



Play
#2

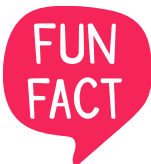
Five Questions

Christ died for our sins. He wasn't focused on His own wants and needs – in fact, while on earth, He fasted for 40 days and 40 nights and still had the power and energy to refuse Satan's temptations. He did this FOR US – we can try to focus on others too. Matthew 7:12 says, "So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets."



How To:

Check in with your family, friends or even a stranger and ask five questions about their days. Do this every day this month with an assortment of people.



Fun Fact:

Showing others you care can increase your own happiness by strengthening relationships. Maybe your small act of talking with someone will form a connection that allows you to share the Word of God.



Another Approach:

Ask 5 Different People a question to keep conversations light and quick. You can also reach more people this way

Grateful for **Three**

Play
#3

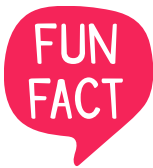
We all try to avoid being the “green-eyed monster” and instead being grateful for what we have. After all, it is what God asks of us, as 1 Thessalonians 5:16-18 says, “Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” Having a positive mental state decreases feelings of envy, frustration and anger. This allows the fruits of the spirit – love, joy, peace, patience, kindness, goodness, thankfulness, gentleness and self-control to take root.

EMOTIONAL



How To:

Each day for a month write a list of three things for which you are thankful. Try to be specific to see all the small miracles that God works every day.



Fun Fact:

By the end of the month you will have an extensive list. Being reminded of your many blessings can help you have a better appreciate for God’s creation.



Double down:

Pray your thanks to Him for these things you have been blessed with.

Play
#4

No Complaints

We all know how difficult it is to be around glass-half-empty people. God asks of us in Philippians 2:14 to, "Do all things without grumbling or disputing." We are God's creation and we live in God's creation – it doesn't feel good when someone talks badly about something that makes you proud. Staying positive can help you feel happier and more content with life.



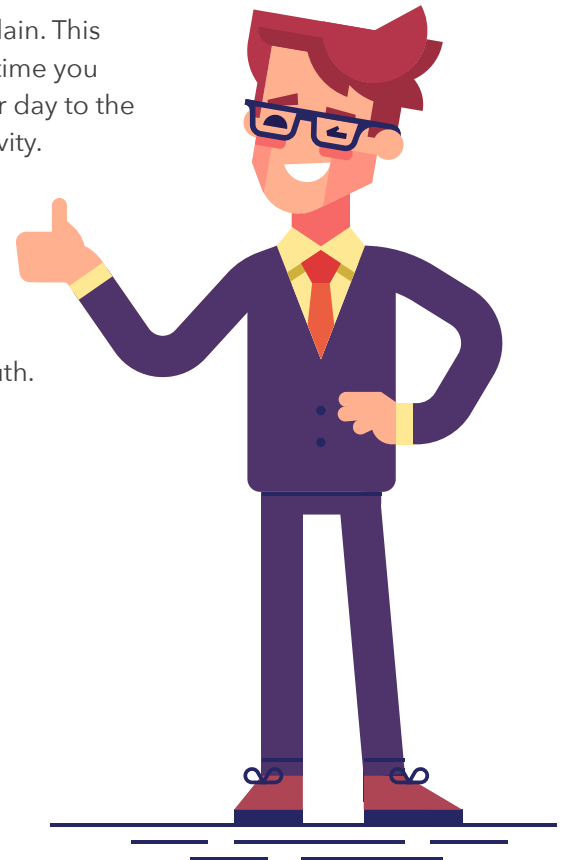
How To:

Make an extra effort this month to not complain. This challenge will run for seven days, but every time you catch yourself complaining, you add another day to the challenge of being cognizant of your negativity.



Another Approach:

You can add other rewards or penalties. Keep a tally and compliment a co-worker every time a complaint slips out of your mouth. All in all, try to make it natural to be positive.



Get **Crafty**

Play
#5

Have you ever noticed all the colors in the Bible and the detail it uses to describe fabrics and gems? For instance, take a look at 2 Chronicles 3:14 when King Solomon was making a temple for the LORD, "And he made the veil of blue and purple and crimson fabrics and fine linen, and he worked cherubim on it." The Lord gave us the ability to see color and be artistic. Coloring offers the brain relief and can lower stress and anxiety levels.

EMOTIONAL



How To:

Take 10 minutes to color in a coloring book or on a pad of paper. Consider doing a craft project three times a week this month.



Helping Hand:

It could be helpful to supply coloring sheets or books for your team, or even hold a coloring contest with the masterpieces displayed at the end of the month. Adult coloring books are popular and readily available in craft stores.



Play
#6

Reader's Corner

Novels can help communicate truth, connect with others and expand knowledge. Proverbs 24:5 says, "A wise man is full of strength, and a man of knowledge enhances his might." On top of gaining knowledge, reading offers improved memory function, vocabulary, focus and reduces stress!



How To:

Start and finish a book this month. Find one you are excited about! Try reading a self help book, preferably by a Christian Author such as Max Lucado or Bob Goff.



Another Approach:

You could organize a book swap within your ministry, host "Stop, Drop, and Read" at a specific time every day, have a book club, have a reading race or see who can read the most!

Brain Teasers

Play
#7

Jesus often spoke in parables as we see in John 10:6, "This figure of speech Jesus used with them, but they did not understand what He was saying to them." Parables were Jesus' form of brain teasers – riddles that sometimes were hard to understand and sometimes made everything clearer! Word or number games are a type of mental exercise that can keep your brain sharp and reduce the risk of dementia.

EMOTIONAL



How To:

Do five brain teasers a week this month. Host this at your ministry. At the start of the day, have a leader write on a board or send out an email with a brain teaser for your team to solve. Have everyone ponder it during the day and guess the answer. Don't tell them if they are right or wrong until the next day. Keep track of everyone who has guessed correctly, and at the end of the month, the person with the most correct wins.



Helping Hand:

A quick Google search can help you come up with daily brain teasers when planning for the challenge, but don't let your team search for the answers online!



Ministry Meter:

For larger ministries: Have the brain teaser in multiple locations (email, posters, screens) to catch everyone's attention. Have them turn in their answers to their department heads.

For smaller ministries: Collect the answers in one location and encourage competition.

Play
#8

Disconnect Bingo

John 16:33 says, "I have said these things to you that in Me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." Christ wants us to be at peace, but it can be incredibly difficult with the tribulations of the world at our fingertips, flashing at us on all of our screens. It is important to be aware of the sinful world we live in; however, it can also be damaging our emotional wellness.



How To:

Win a Bingo this month.



Another Approach:

Take it a step further and do more than one Bingo.

Digital Detox Bingo Challenge

Look for a new recipe in a cookbook	Avoid using your device in public	Use an app to evaluate device & app use	Go two days without posting to social media	Read and pray using a devotional book
Avoid all screens (phone, tablets, TV, etc.) for 24 hours	Write a friend a letter or card	Use a calendar printout to know your day's schedule	Use a paper map to get somewhere	Go for a walk without your device
Use an alarm clock to wake up	Avoid using your phone one hour before bed	Remove all technology from your bedroom	Check the weather using a newspaper or radio	Set a phone usage limit for the day and follow it
Go one day without checking social media	Do one non-screen activity (read, garden, etc.)	Avoid looking at your device the first hour you're awake	Disconnect your device from Wi-Fi for one day	Create an electronics charging station outside of bedroom
Refrain from checking work email when away from work for three days	Tech Check: Place all devices in a basket when at a meeting or meal	Avoid online/app shopping for five days	Disable notifications on your phone for two apps	Put your phone in the glove compartment for your drive home

Declutter Challenge



Decluttering can be very beneficial to decrease stress and help you focus on your task at hand. Matthew 6:19 says, "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal." There is no reason to accrue large amounts of "things" that can lead to stress. As the saying goes, you can't take it with you.

EMOTIONAL



How To:

Complete at least 20 tasks on the Declutter Checklist this month.



Another Approach:

With all the extra trinkets your team is discarding, your ministry can hold a yard sale or collect items for a donation.

Declutter Checklist Challenge

Work to check off at least 20 boxes on the list after tidying.
Donate or toss what you don't need anymore!

- Kitchen Drawers
- Kitchen Cabinets
- Pantry
- Fridge
- Cleaning Products
- Medicine Cabinet
- Laundry Room
- Linens
- Junk Drawers
- Craft Supplies
- Mail
- Email Inbox
- Keepsakes
- Purse/Briefcase
- Bedroom Dresser
- Bedroom Closet
- Nightstand
- Under the Bed
- Jewelry/Accessories
- Holiday Decor
- Book Shelf
- Toiletries

Taking time to declutter and keep your space organized can greatly benefit your emotional well-being before the start of the school year.



- Shoes
- Cars
- Toys
- Desk
- Day of Rest
- Day of Rest
- Day of Rest
- Day of Rest
- Day of Rest
- Day of Rest

Play
#10

Family Night

Families are a blessing. They are meant to protect and provide for one another and to teach each other. Romans 15:5-6 says, "May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus that together you may with one voice glorify the God and Father of our Lord Jesus Christ." To live in harmony, spend time together.



How To:

Hold a family night once a week this month.



Helping Hand:

Have dinner, play a game, go for a bike ride – the possibilities are endless!



Deep Breaths

Play
#11

We are alive because God breathed into us the breath of life, and after our first breath, our brains need oxygen to continue functioning. It is so easy to get caught up in the midst of chaos and feel overwhelmed that we forget to do such a simple thing – breathe. Job 33:4 says, “The Spirit of God has made me, and the breath of the Almighty gives me life.”

EMOTIONAL



How To:

Take a moment for yourself three times a day to breathe deeply and marvel at the miracle of life.



Fun Fact:

Taking time, even just a minute, to focus on your breathing can help put everything weighing on you into perspective and give you strength.

Play
#12

Bedtime

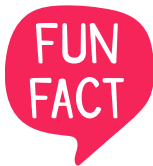
EMOTIONAL

The Lord will give you peace and comfort. He repeats it often in the Bible, but filling your head with the troubles of the world by scrolling through social media, watching a drama or watching the evening news before turning out the light can be distracting and leave us anxious. Instead, we can take note from Psalm 132:4-5 which says, "I will not give sleep to my eyes or slumber to my eyelids until I find a place for the Lord, a dwelling place for the Mighty One of Jacob."



How To:

Don't watch a screen (e.g., phone, tablet, laptop, TV, etc.) at least 30 minutes before bedtime. Instead, spend that time with God to be at peace.



Fun Fact:

This may be difficult for some, but the chaos of the world is not going to go anywhere.



Pay it **Forward**

Play
#13

Acts 20:35 says, "In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how He himself said, 'It is more blessed to give than to receive.'" Unexpected gifts or acts of kindness can be day-makers, and it can be more rewarding to see the positive impact of giving rather than receiving.

EMOTIONAL



How To:

Play "Pay it Forward Tag" in your office this month. Create a card and have your team pass the card around the office after they complete an act of service.



Another Approach:

You can play by trying not to be the last person with the card. You have multiple cards going around the office this month with specific acts of service on them such as treat a stranger, donate blood or shovel your neighbor's driveway. If you choose this route, make sure what you are asking isn't too taxing on the person.



Ministry Meter:

For larger ministries: Have at least one card per department so everyone can participate.

For smaller ministries: If there is not enough people to play tag, try the specific acts of service route and try to get through as many as you can.

Play
#14

Night Out

With the chaos of our lives, it can be hard to make plans for a night out just for fun. However, Mark 16:15 says, "And He said to them, 'Go into all the world and proclaim the gospel to the whole creation.'" The world is happening outside of our homes, as are the people to whom we need to proclaim the gospel. Enjoying a night out gives you an opportunity to reach people and form relationships so when the time comes, you can talk with them about faith.



How To:

Enjoy at least two nights out this month to socialize – have fun!



Fun Fact:

When you do go out, make sure you are upholding Christian standards and are approachable.



Sleep Schedule

Play
#15

In a fast-paced world, where time is a rare commodity, our sleep time often disappears to make room for everything else. However, no matter how chaotic our circumstances, we must find time to sleep. Even Jesus slept when lives were on the line, as Matthew 8:24 says, "Suddenly a violent storm came up on the sea, so that the boat was engulfed by the waves; but Jesus was sleeping."

EMOTIONAL



How To:

Adopt a sleep schedule and stick with it. Aim to go to bed a half hour earlier than normal.



Fun Fact:

There are many apps or devices that can track your sleep to help you develop a routine to reach the recommended hours each night. Most adults require 7-9 hours of sleep per night to function at their best.



Play
#16

Dress for **Success**

We all know that our self-worth does not come from our clothes, as Psalm 139:14 says, "I praise you, for I am fearfully and wonderfully made." Christ loves us for us; however, science says the clothes we wear can affect our behavior, our confidence and how we interact with others. By boosting our appearance, we can improve our emotional well-being.



How To:

Dress in a way that makes you feel confident at least twice a week this month. This may require a little more time to get ready in the morning, but the reward can be worth it. When you come across clothes that you do not feel confident in or do not wear anymore, donate them to a charitable organization.



Another Approach:

If you want to take this a step further, you can put on a fashion show at your ministry or take pictures of everyone's best looks!

Thank You Notes

Play
#17

God works many miracles in our lives, and they are often carried out through the people around us. You may be very thankful, but time and again it goes unsaid. 2 Corinthians 4:15 says, "All this is for your benefit, so that the grace that is reaching more and more people may cause Thanksgiving to overflow to the glory of God."

EMOTIONAL



How To:

Write thank you notes to 10 people in your life.



Helping Hand:

Provide cards for your team to write out the notes. If you cannot find time to write thank you notes, text or email people your thanks to them.



Ministry Meter:

For larger ministries: Hold a thank you note workshop for ministry workers to attend.

For smaller ministries: Have a stack of cards available for ministry workers to pick up or personally hand them out.



Play
#18

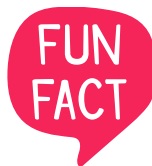
Sabbath

Genesis 2:3 says, "So God blessed the seventh day and made it holy, because on it God rested from all His work that He had done in creation." We've all heard the saying "What Would Jesus Do?" Well, in this case, He rested. As Mark 2:27 says, "The Sabbath was made for man, not man for the Sabbath." So don't take this as a bad thing, but as a privilege you can partake in to relax, reduce stress and praise God.



How To:

Remember the Sabbath this month. For every six days, take one to relax.



Fun Fact:

Reminder that the Sabbath isn't simply rest; rather, it's that in our rest we turn our attention to God.

Playlists

Play
#19

Music is like medicine – it can bring your energy up when you're down, it can calm you when you're anxious and it can change your outlook on life. God also enjoys music as Ephesians 5:19 asks us to be filled with the Spirit "speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord." Many people have obeyed and made beautiful music.

EMOTIONAL



How To:

Create three playlists to serve as a musical first aid kit. Each playlist should address a specific need such as 1) music that relaxes you 2) music that motivates you 3) music that makes you cheerful 4) music that helps you think, etc.



Helping Hand:

You can change the categories or add more. It's up to you how many songs to include. Make sure the music you choose is God pleasing. If you don't have Spotify or Apple Music, YouTube also allows you to make playlists.

Play
#20

Learn About It

Our Lord calls us to listen and learn from him “I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you”. That Psalm helps us to realize the first step to improving is learning and understanding why things are what they are.



How to:

Schedule an educational speaker to come in during a lunch break to talk about signs of depression or anxiety. It could also just be about mental health awareness.



Helping hand:

Make sure there is a counselor onsite in case anyone needs someone to talk to after the educational event.

Doubts

Play
#21

It is normal to have doubts about everyday life. Luckily we not only have a Lord there to help us with these doubts, one thing we do not have to doubt is that we have eternal life through Christ, "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." That verse from 2 Timothy 1:7 reminds us that the Lord is by our side and can help us stay strong in times of self doubt.

EMOTIONAL



How to:

Write down your doubts about yourself throughout the week and at the end of the week shred the list. Realizing that we have doubts is normal and it is good to identify them but instead of letting them marinate, set them free by shredding the list.



Play
#22

Follower Cleanse

EMOTIONAL

As Christians we are followers, followers of Christ our Lord who died for us. He gave us the example of how to live as said in 1 Peter 2:21, "To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps". This reminds us that maybe we should double check who it is we are following in life so that maybe we can follow Christ a little more.



How to:

Have you ever taken a minute to see who exactly you are following on social media? A lot of the time we are following way to many people who we may not even know that well or they aren't a good influence to the positivity you want in life. Go through who you are following and decide if they are worth following. Try to unfollow 15% of the people you are currently following or subscribing to. See if you miss them, most likely you will not.

Back in the **Day**

Play
#21

Do you have that old friend whom you have not seen in years but if you reconnected tomorrow everything would be the same? Often we forget that Christ is a friend like that. Our relationship with Jesus is one that we can pick back up anytime if we have fallen off from it. As long as you have faith in the friendship, you can always reconnect.

EMOTIONAL



How to:

Connect with an old friend whom you haven't talked to in a while. Key word here is old friend, not someone who you cut off because of a toxic relationship or friendship. Send them a message or give them a call to talk. Having a conversation with someone whom you shared good memories is always a good mood booster and could lead to rekindling that friendship.





Nutrition

Importance: Food is fuel to the body. Acts 27:34 says, “Now I urge you to take some food. You need it to survive.” Food is of vital importance; however, the Bible repeats various times to not over indulge and to take care of His temple, which is your body. Eating nutritiously is a way to respect God and have better health.

H2O

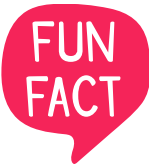


There is great spiritual significance to water – references appear in scripture more than 700 times. Water brings forth life, sustains and purifies. Though Christ promises to satisfy our thirst, we must stay hydrated so our bodies can do His work. Judges 15:19 says, “And God split open the hollow place that is at Lehi, and water came out from it. And when he drank, his spirit returned, and he revived.”



How To:

Drink at least two liters of water a day for a whole month.



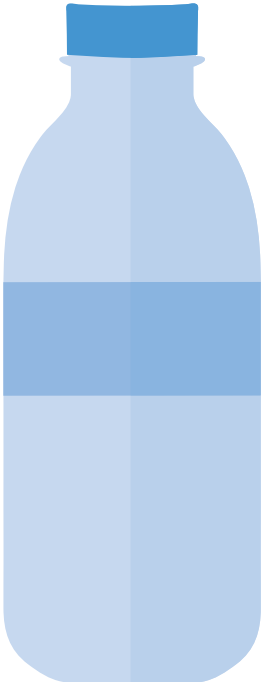
Fun Fact:

Carrying a water bottle around with you is a good way to prompt yourself to stay hydrated. Sometimes people find that they drink more water if they use a straw. Find what works best for you!



Another Approach:

Drink a bottle of water per hour.



Play
#2

Healthy Snacking

Luke 4:2 says, “Where for forty days He was tempted by the devil. He ate nothing during those days, and at the end of them He was hungry.” Being hungry is natural and nothing to be ashamed about. Food gives us strength to fight against temptation of other sorts. However, what food we put in our bodies IS something we should be concerned about. It isn’t always practical to limit ourselves to just eating at designated meal times.



How To:

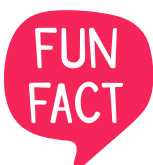
Focus on healthy snacking this month. When preparing a snack or when the craving hits, flip a coin for heads or tails and choose a snack from that column.



- Veggies & hummus
- Oatmeal
- Mixed berries
- Frozen grapes
- Hard-boiled egg
- Banana
- Cashews



- Greek yogurt
- Almonds
- String cheese
- Air-popped popcorn
- Apple
- Avocado and tomato on whole grain toast
- Whole-wheat pretzels



Fun Fact:

If your ministry brings in snacks to share, try to follow healthy snacking guidelines throughout the month, too.

Fork **Down**

Play
#3

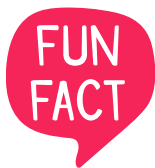
When we are in a hurry or overly excited about what we are eating, sometimes we shovel it into our mouths. This can lead to digestion complications, and the signals in our brain that notify us when we are full have a hard time keeping up, so we overeat. Hebrews 6:12 says, "We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised." Have patience, and eat your food in a way that you actually taste and savor it.

NUTRITION



How To:

Put down your fork between every bite while you eat this month. It may be frustrating, but it will get you in the habit of slowing down and being intentional about the food you're putting into your body.



Fun Fact:

Enjoy your food and your company as you reap the benefits.

Play
#4

One Serving Only

It can be very tempting to go back for seconds or over indulge, especially when it comes to your favorite meal. Hebrews 12:11 says, "For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it." You will reap the benefits of being disciplined in your eating habits.



How To:

Eat only one serving of your main course this month.



Helping Hand:

- Never eat straight from the bag or box, but measure out the appropriate portion.
- Don't multitask while you are eating. It is harder to control portions when you are not paying attention.

Magic Beans

Play
#5

What's that song, "Beans, beans, the magical fruit...?" Well, you get the gist. Beans offer many health benefits that can be a great advantage to your body. 1 Corinthians 10:31 says, "So, whether you eat or drink, or whatever you do, do all to the glory of God." Beans can be a means of accomplishing that!

NUTRITION



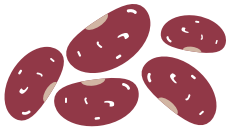
How To:

Try three bean recipes this month.



Another Approach:

For extra fun, have a cooking competition with everyone bringing in their favorite healthy bean recipe and crown a winner!



RED BEAN



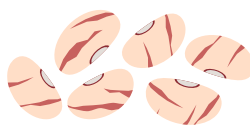
BLACK BEAN



FAVA BEAN



PINK BEAN



ROMAN BEAN



LIGHT RED BEAN

Play
#6

Meatless Mondays

Genesis 1:29 says, "And God said, 'Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.'"



How To:

Dedicate one day per week to eating plant-based protein instead of meat. Examples include:

- Beans
- Quinoa
- Tempeh
- Soy
- Seitan
- Lentils
- Chickpeas
- Edamame
- Tofu
- Nuts (almonds, peanuts, walnuts, etc.)

Research shows the more plants you include in your diet, the lower your risks for many preventable conditions like high blood pressure, high cholesterol, heart attack, stroke, diabetes and even some forms of cancer.



Another Approach:

Add in more plant-based proteins to dishes your family already loves. Try adding beans or cooked quinoa to a salad, edamame to stir fries, or walnuts to weekend breakfast favorites like pancakes, muffins or oatmeal.

Secret **Recipe** Exchange

Play
#7

Genesis 1:29 says, "And God said, 'Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.'" Salad is a gift from God! And a good gift at that, as fruits and veggies are full of nutrients.

NUTRITION



How To:

Everyone brings a printed recipe and leaves it on their secret partners desk. Once you use a recipe, send a picture of the final product to everyone in your unit or office via email and find out who your secret partner was!



Helping Hand:

Make sure to consider food allergies. It works well if there is a refrigerator in your ministry where everyone can keep their salads fresh for their co-workers to find.



Ministry Meter:

For larger ministries: Split up the secret co-workers by department to make it easier to trade lunches and have accountability.

For smaller ministries: Have workers volunteer to bring a healthy salad for the whole ministry to try.

Play
#8

Cooking Competition

You are not going on this journey to well-being on your own. 1 Timothy 6:18 says, “They are to do good, to be rich in good works, to be generous and ready to share.” Look to your neighbor and teammate to share your successes and push one another further.



How To:

Hold a healthy cooking competition this month. Choose a theme – maybe a specific food (tomatoes) or style (Mexican food) – and have everyone anonymously bring in a healthy recipe that falls in the category for a fun taste testing to see which dish was best! Then share the recipes so everyone has access to fun, new, healthy recipes.



Another Approach:

You can do it every week with a new theme or just once – whatever works best.



Ministry Meter:

For larger ministries: Split up the competition by department so entries don't have to worry about making a double batch.

For smaller ministries: Invite family and friends to join in as well.

Last **Supper**

Play
#9

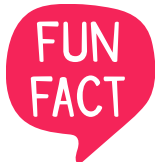
Ecclesiastes 10:17 says, "Happy are you, O land, when your king is the son of the nobility, and your princes feast at the proper time, for strength, and not for drunkenness!" Keeping a meal routine and eating at the proper time is important for good health. Our evenings tend to be less structured, so one reason we may reach for a cookie before bed is out of boredom.

NUTRITION



How To:

Eat dinner and then abstain from snacking afterward.



Fun Fact:

It is also important to note that you shouldn't go to sleep directly after dinner to give your body time to digest your meal for a more peaceful sleep.

Play
#10

Fruit for Dessert

1 Corinthians 10:13 says, "No temptation has overtaken you that is not common to man. God is faithful, and He will not let you be tempted beyond your ability, but with the temptation He will also provide the way of escape that you may be able to endure it." We are often tempted to eat the slice of cake AND that chocolate bar AND that bowl of ice cream. The calories add up. However, we can escape from the temptation!



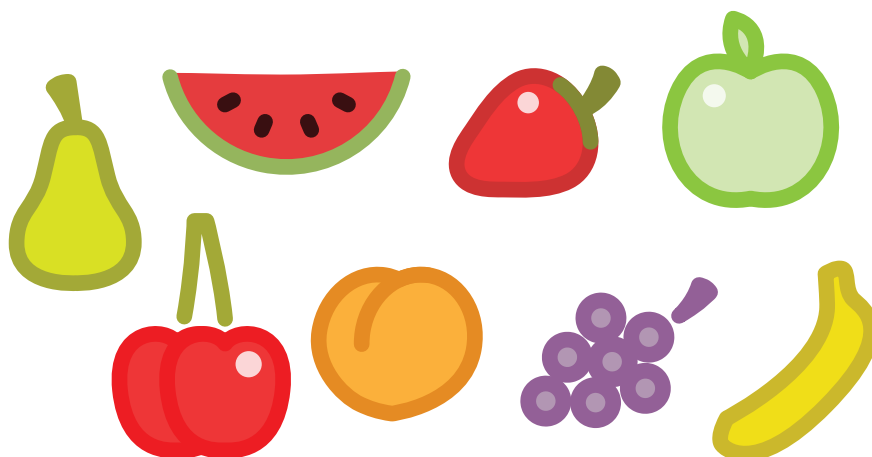
How To:

Reach for fruit instead of sweets for dessert this month.



Helping Hand:

Have healthy munchies for snacks rather than cookies in the office to help your team along with this challenge.



Rainbow Meal

Play
#11

Romans 12:1 says, "I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship." Now it is up to us how we go about presenting our bodies as a living sacrifice. Eating well balanced meals is a good start! One way to do that is to eat from the multiple food groups, which are all colors.

NUTRITION



How To:

Include four different colors in your meal twice a week this month.



Helping Hand:

Example meal: Strawberries (red), lettuce (green), chicken kabob with onion (yellow and purple). Think outside the box and think healthy!



Extra Effort:

Educate yourself on what colors of food mean about their nutritional value.



Play
#12

At the **Table**

NUTRITION

Luke 13:29 says, “And people will come from east and west, and from north and south, and recline at table in the kingdom of God.” We are all looking forward to feasting with the LORD, and this Bible verse shows that people are very intentional about coming to the table. We can be intentional while on Earth, too. Eating at a table eliminates technology distractions helping you to live in the moment and savor your food.



How To:

Eat all your meals and snacks this month at a table. Your desk doesn't count.



Another Approach:

Try to eat with others, as conversation is good for the soul and helps you eat slower. Maybe you can plan a few times throughout the month that your team can all eat at the table together.



Ministry Meter:

For larger ministries: Set up an area that will serve as your dining room for the month while at work. Decorate it!

For smaller ministries: Set up a table specific for your ministry's lunch.

Nutrition Bingo

Play #13

NUTRITION

Ecclesiastes 3:13 says, “Also that everyone should eat and drink and take pleasure in all his toil – this is God’s gift to man.” Eating is a gift, not a chore, and it gives us energy to fulfill God’s commandments.



How To:

Win three Bingos (five across, down or diagonal) this month, helping you live more nutritiously.



Another Approach:

Take it one step further by completing more than three bingos or getting a blackout!

Nutrition Bingo Challenge

Adapt a dessert to be healthier	Eat 5 vegetable servings in one day	Buy a new spice	Eat breakfast	Try a new recipe
Eat dinner at the dinner table	Try a new fruit	Avoid fried foods for one day	Rate your hunger before one meal	Prep one meal in advance
Eat 25 grams of fiber in one day	Attend a cooking class	Eat a dish that contains beans	Skip dessert	Eat more than 3 food groups at one meal
Eat a meal off a salad plate	Avoid drinks with calories for one day	Choose whole wheat pasta or bread	Drink half your weight in oz of water	Pack your lunch before bed
Try a new grain	Volunteer or donate to a food pantry	Avoid animal protein for one day	Try a new vegetable	Plan a nutritious snack for the next day

Play
#14

Scroll Free **Eating**

NUTRITION

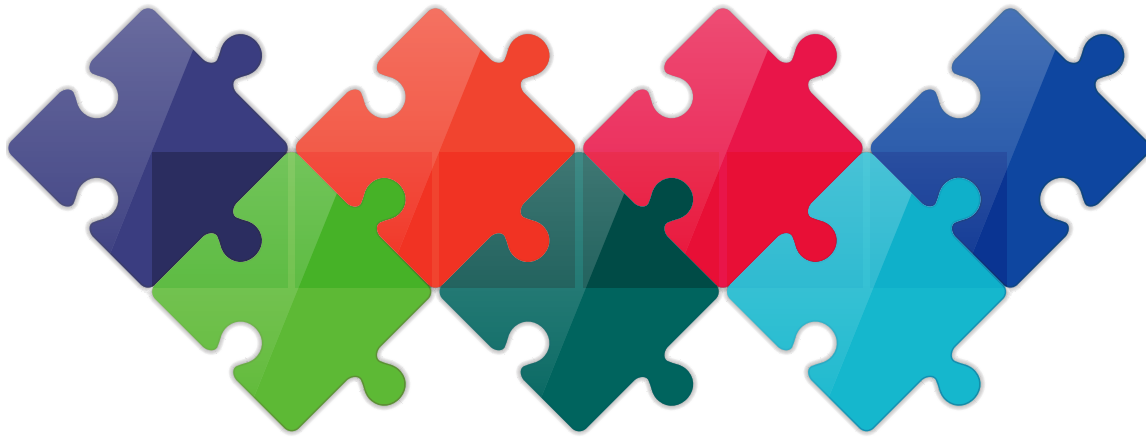
In Proverbs 4:20 God calls us to be attentive to Him, “My son, be attentive to my words; incline your ear to my sayings”. This reminds us to pay attention to him in our everyday lives and take time to be mindful when you can.



How to:

For a week, eat each meal without scrolling through social media and see your mindfulness fall into place as you are eating and enjoying your food.





2 FOR 1

2 for 1

Though all wellness is connected – eating better can affect your physical wellness, financial wellness can affect emotional wellness and so on – here are a few Plays that belong in more than one category. Using these Plays can have great results in many areas of the player's life.



Play
#1

Meal Planning

Proverbs 6:6-8 says, "Go to the ant, O sluggard, consider her ways, and be wise. Without having any chief, officer, or ruler, she prepares her bread in summer and gathers her food in harvest." We strive to be wise, and Christ tells us that preparing our meals is wise. It also can help you eat healthier and reduce stress! There is also a financial gain if you are able to grocery shop ahead of time and in bulk.



How To:

Plan your meals for each week this month. Keep a calendar or notebook to visually design a balanced diet and to refer to frequently.



Another Approach:

Add meal prepping to the beginning of the week to make it even easier on you when the pace of life picks up.

Wean **Caffeine**

Play
#2

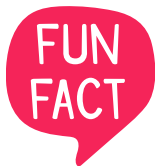
Philippians 4:13 says, "I can do all things through Him who strengthens me." Christ gives you strength and you are able to do all things including eliminating the crutch of caffeine. It will save you money, you'll sleep better and you'll lessen your calorie intake if you reduce your caffeine consumption.

2 FOR 1



How To:

Avoid caffeinated drinks this month. Every time you crave that cup of Joe, put the money you would have spent on it in a jar. At the end of the month see how much you saved!



Fun Fact:

Alternative beverages: WATER!, milk, juice, herbal tea or smoothies. Maybe put an "out of order" sign on your vending machine during work hours.



Play
#3

Dine In

Matthew 6:11 says, "Give us this day our daily bread." As humans, we know that food is vital for our survival. We need daily bread, but where we get our bread is up to us. Do we make it ourselves or find a restaurant to make it for us? By dining in your own home, you have control over how your meal is prepared AND you save money.

**How To:**

Cook for yourself this month – dine in. Hand out punch cards to your team. Every day they make all of their meals for themselves they can punch their card. With every 10 punches they can start on another card. Completed cards can be entered in a drawing for a prize.

**Ministry Meter:**

For larger ministries: Designate a few helpers to hand out the punch cards and know the rules in case there are questions.

For smaller ministries: Hand out the punch cards personally.

Pack a Lunch

Play
#4

1 Thessalonians 4:12 says, "So that you may walk properly before outsiders and be dependent on no one." When you pack your lunch, you have control over what you eat. You aren't at the mercy of someone adding extra sodium and calories or choosing the same thing every day. PLUS, you save money.

2 FOR 1



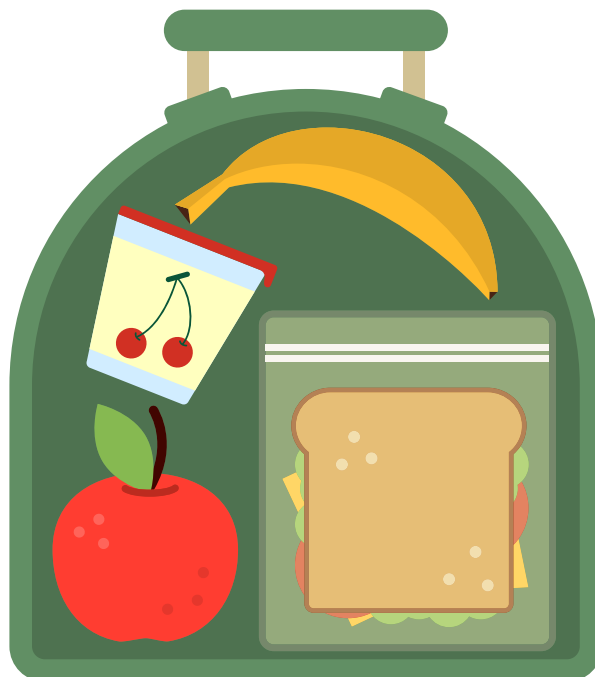
How To:

Pack a healthy work lunch every day this month.



Helping Hand:

Think of some healthy meal options including soups, salads and sandwiches. Offer your team recipes to try.



Play
#5

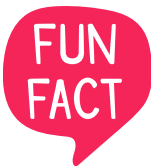
Stop Smoking

Psalm 119:37 says, "Turn my eyes from looking at worthless things; and give me life in your ways." Cigarettes may have shiny-neon-flashing-lights that grab your attention, but ultimately, smoking is worthless and damaging to your life. They hurt your physical and financial well-being, as well as those around you.



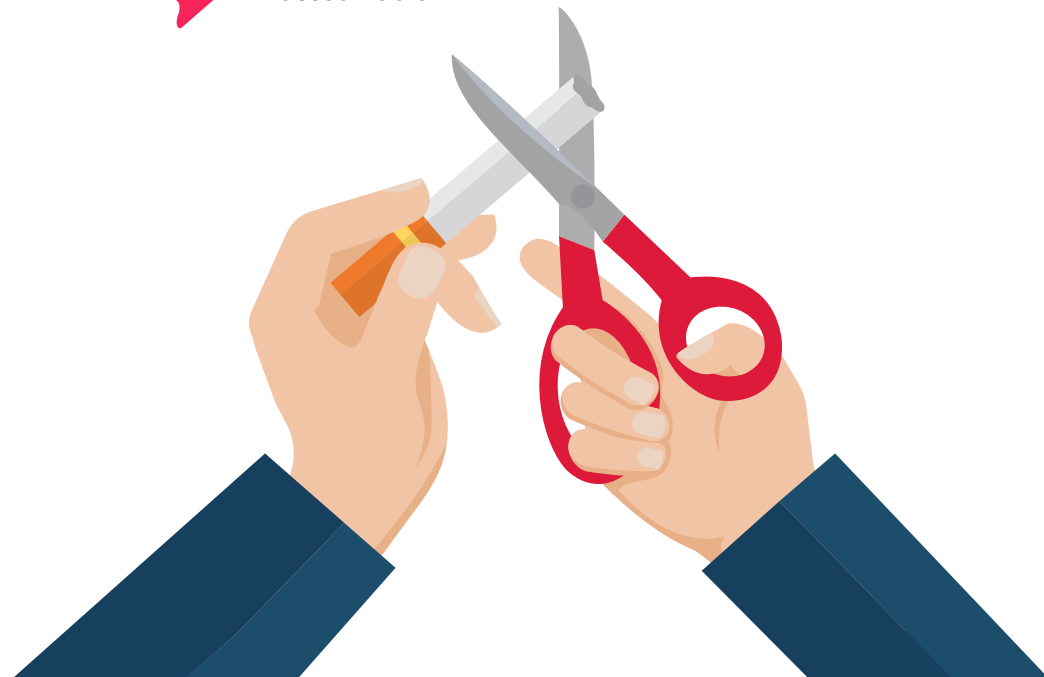
How To:

Start the process to quit smoking, or at the very least, reduce your use. First, delay your first cigarette of the day as long as possible, maintaining or waiting longer than the previous day. Second, decrease the potency of nicotine from light to ultra-light while holding off as long as you can to smoke.



Fun Fact:

This is a challenge of will, so be willing to make a change. Have a friend hold you accountable.



Reduce your **Use**

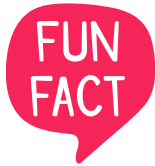
Play
#6

Ephesians 5:18 says, "And do not get drunk with wine, for that is debauchery, but be filled with the Spirit." Drinking is a widespread habit in the world that often gets out of hand. It can be detrimental to your health, as well as empty your pocket.



How To:

Reduce your use of alcohol by only partaking in drinking if you are with guests.



Fun Fact:

It is never a bad idea to refrain from drinking alcohol.

2 FOR 1

Play
#7Plant a **Garden**

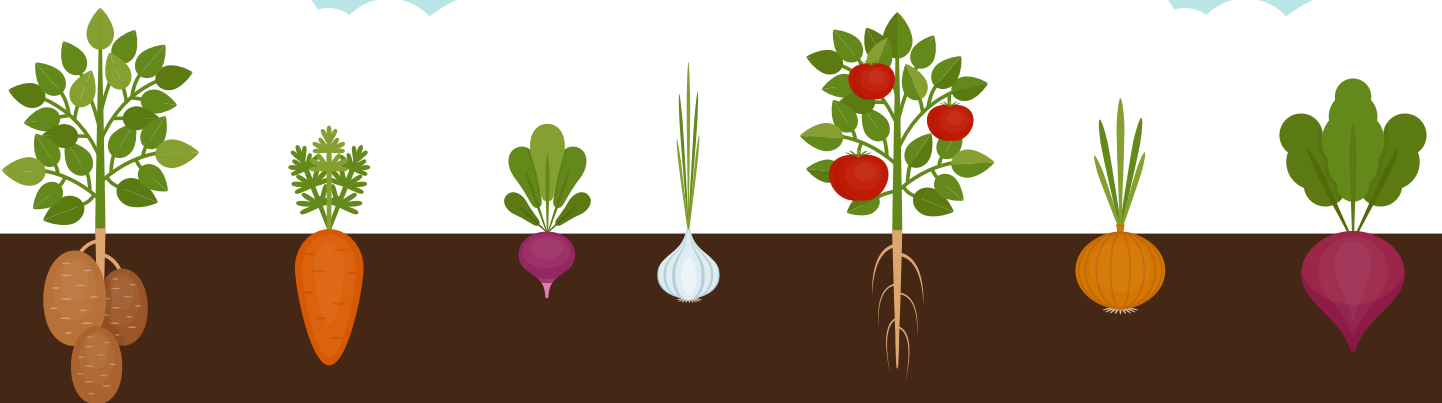
Jeremiah 29:5 says, "Build houses and live in them; plant gardens and eat their produce." God created a garden (Eden) in the very beginning; they are very useful and beautiful. Having a garden can increase your emotional wellness by increasing your time outside in the sun and providing a mental break from the world. It can increase physical activity and ease a financial weight by providing some of your own produce.

**How To:**

Plant a garden and tend to it!

**Helping Hand:**

If you don't have room in your yard, check into a community garden plot or planting in various flower pots.



Yoga

Play
#8

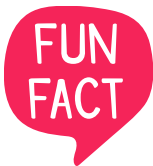
Colossians 3:15 says, “And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.” Finding peace in a chaotic world can be very difficult. Yoga is a practice that helps you calm your mind and be in tune with your body – it is not a religious practice in and of itself as some people mistake it for. There is time for reflection in which you can use to give thanks to the LORD. Yoga is beneficial to you in many aspects of your wellness, including emotionally and physically.

2 FOR 1



How To:

Attend a yoga class every week this month.



Fun Fact:

Keep your eyes out for Christian Yoga in an area near you. There are specific yoga studios and instructors that focus on including the Word of God into their sessions and glorifying Him through their practice.



Ministry Meter:

For larger ministries: Host a yoga workshop this month.

For smaller ministries: Do this on an individual level or invite family and friends.

Play
#9

Family Chores



Having a good work/life balance can be tricky, and it may be overwhelming to stay on top of all the responsibilities at home after a long day of work. This is when delegating to family members is a great option. Galatians 6:5 says, "For each will have to bear his own load."



How To:

Divide up responsibilities in the house this month.



Fun Fact:

This can help relieve stress and teach good stewardship. Consider giving your children an allowance (maybe it's attached to chores, maybe it's not) to teach them the importance of tithing, saving and spending wisely. This will help children manage their time and money, instilling responsibility they will use in the future.



Prizes

If your wellness group would engage in a specific challenge more enthusiastically with a reward at the end, here is a list of prize ideas that correlate with the messages Wellness Champions try to promote.

- Gift card to a local grocery store
- Cookbook
- Cooking utensils
- Water bottle
- Devotional book
- Journal
- Lunch box
- Bible
- Coloring book
- Desk organizer
- Gift card to the spa



Resources

- Decision Tree Diagram
- Wholeness Wheel

Request Forms

Request onsite screening events or Vitality Challenges specific for your ministry directly on the Wellness Champion website (ConcordiaPlans.org/champs).

- Click here to access the **Vitality Challenge Set-Up Request**
- Click here to access the **Onsite Screening Request**

WELLNESS CHAMPIONS



QUESTIONS?

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