Healthy to 100 and Beyond
Wellness Challenge

For optimal health, it is important to develop healthy habits in all six dimensions of your life.

THE CHALLENGE:
Commit to adopting at least one new healthy habit for 100 days...
After 100 days, you can make it a lifelong
Healthy to 100 and Beyond Wellness Challenge

THE CHALLENGE:

Adopt at least one new healthy habit and keep it up for 100 days

Almost everyone looks forward to the carefree days of retirement, when you finally have time to enjoy your favorite activities. Most of us anticipate a meaningful retirement, and hope to reach or exceed 100 years of age in good health, but the sad reality is that 80% of older Americans today have at least one chronic condition that affects their ability to lead an active life. The biggest factor that determines how well you age is not your genes but how well you live.

The “Wellness Wheel,” shown at left, highlights six different dimensions of life and stresses the importance of paying attention to all six dimensions to achieve optimal health and wellness. We challenge you to choose a dimension, choose a habit, and make a change for the better.

- Choose 1 of the 100 Healthy Habits in this brochure
- Register your healthy habit online and receive a FREE Gift just for participating
- Track your progress using the Tracking Chart provided
- Complete 30 days to be entered into a Grand Prize Drawing

After 100 days, you can make it a lifetime habit. The more healthy habits you adopt, the better your chances of reaching or exceeding that 100-year milestone. Why wait? Pick a healthy habit and start today!

### 100 Healthy Habits

**Physical**

1. Come to the Limber Up program with Campus Recreation.
2. Train with fitness professionals in Commit to Get Fit courses.
3. Workout together – Have the Fit Squad from Campus Recreation come to your department at UCI.
4. Take part in ARC in the Park with Campus Recreation.
5. Attend the Health & Fitness Fridays Workshops and Use the ARC for Free on Fridays.
6. Participate in Step Up UCI with Campus Recreation.
7. Get an ARC Membership and use it.
8. Take Stretch Breaks – get reminders with RSI Guard.
9. If you use tobacco, start a cessation program.
10. Let Peters Pick from Health Education guide you to Healthy and Nutritious Foods.
11. Cook healthy meals at the Eat Well lectures with Campus Recreation.
12. Know Your Numbers, get screened.
13. Eat 5-10 servings of fruits and vegetables each day.
14. Cut out high calorie drinks – Drink at least four 8-ounce glasses of water daily.
15. Protect your skin – use sunscreen daily.
16. Brush your teeth at least twice per day, and floss at least once per day.
17. Maintain a healthy weight—if overweight, reduce caloric intake and increase physical activity.
18. Improve your posture—stand and sit up straighter.
19. Get at least 30-60 minutes of physical activity daily, including weight-bearing exercise.
20. Try to get 6-8 hours of sleep each night.
Social
1. Attend UCI events.
2. Join or support a UCI Staff Organization.
4. Become active in a local club, group, or organization.
5. Volunteer on a regular basis.
6. Donate to those in need.
7. Turn off the TV and interact with people instead.
9. Attend social gatherings regularly.
10. Get to know your neighbors.
11. Establish family rituals (game night, family walks).
12. Call or write to far-away friends or family.
13. Host parties for family and friends regularly.
14. Cultivate new friendships outside of your family.
15. Coach a sport, tutor a child, or mentor a student.
16. Attend community meetings – voice your opinions.
17. Reach out to others when in group situations.
18. Participate in local community services and events.

Environmental
1. Use UCI Sustainable Transportation programs when commuting to Campus.
2. Go Green – Reduce Your Carbon Footprint.
3. Eat Green.
4. Participate in a Safety Program from EH&S.
5. Reduce, Reuse, Recycle.
6. Use reusable bags for lunches, groceries, etc.
7. Think, Act, Save – Conserve UCI.
8. Keep the Campus Green.
11. Be smart about safety – practice safety on the job and/or at home every day.
12. Always wear a seatbelt while riding or driving.
13. Always wear a helmet when riding a bicycle or motorcycle.
14. De-clutter and organize your home or workplace.
15. Enjoy the fresh air – go outside for at least 30 minutes every day.
16. Use natural cleaning products.
17. Grow house plants to increase oxygen levels and filter the air, or plant a garden and tend it regularly.
18. Prevent mold and mildew by ventilating areas where moisture builds up.
19. Learn to compost and maintain your own bin.

Emotional
1. Participate in Cheer Up UCI with Campus Recreation.
2. Participate in the Relax Your Mind and Body Series with Health Education.
4. Take a mental break and visit the Wellness Room at Health Education.
5. Engage in positive self-talk every day.
6. Laughter is the best medicine – Attend a comedy show.
7. Do something to reduce and manage your stress.
8. Maintain a balance of work, family, friends, and other obligations.
9. Relax - do nothing for at least 30 minutes every day.
10. Set priorities and learn time management skills.
11. Surround yourself with healthy, positive people.
12. Let go of grudges—focus on the future, not the past.
13. Listen to music to reduce stress and relax.
14. Hug, kiss or say “I love you” to someone every day.
15. Express emotions in ways that don’t hurt others.
16. Get a pet—they give unconditional love.
17. Express emotions in a suitable manner.
18. Pamper yourself regularly.
19. Smile and laugh often—see the humor in everyday life, and you will be happier.
20. Let go of worry, don’t sweat the small stuff.

Spiritual
1. Take Tai Chi in the Park with Campus Recreation.
2. Deepen your existing spiritual or religious commitment or seek out a new tradition.
3. Practice being non-judgmental—have an open mind.
4. Accept the views of others.
5. Let your values guide your decisions and actions.
6. Learn and practice some form of meditation or yoga.
7. Read or write something inspirational daily.
8. Forgive freely.
9. Take time to quietly reflect each day.
10. Practice being thankful for what you have.

Intellectual
1. Attend UCI Workshops and Trainings presented by Human Resources.
2. Stay up to date on current events with the UCI Brief.
3. Continue your education with UCI Extension.
4. Find ways to make your job and life challenging and meaningful each day.
5. Keep your brain sharp by learning and/or practicing a challenging new skill each day.
6. Play games -crosswords, brainteasers, board games, etc.
7. Start a new hobby or take up an old one.
8. Read a classic or challenging book.
9. Head over to a local museum.
10. Take a community education class or attend a lecture.
11. Learn a new language.
12. Visit the library on a regular basis.
Healthy to 100 and Beyond Wellness Challenge

TRACKING CHART

Adopt at least one new healthy habit and keep it up for 100 days

I Commit To:

Check Off Each Day That You Keep Your Healthy Habit

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To join the challenge:

- Choose 1 of the 100 Healthy Habits in this brochure.
- Register your healthy habit at [http://eee.uci.edu/survey/h2100](http://eee.uci.edu/survey/h2100)
- Receive a FREE Gift just for participating.
- Track your progress using the Tracking Chart above.

Complete 30 days to be entered into a Grand Prize Drawing.

But don't stop there... After 100 days, you can make it a lifetime habit. The more healthy habits you adopt, the better your chances of reaching or exceeding that 100-year milestone.

In addition to the Challenge, join us for a free lecture series of experts from our own UCI Community to provide you with key information to support your lifestyle change.

Healthy to 100 and Beyond Lecture Series:

- **Tuesdays, February 22nd – March 22nd, 2011**
- **12:00 – 1:30 pm (12:00 – 1:00 Lecture, 1:00 – 1:30 Q&A)**
- Anteater Recreation Center Classroom

Register at [https://eee.uci.edu/signupsheet/h2100](https://eee.uci.edu/signupsheet/h2100).

If you have questions, contact retirees@uci.edu or (949) 824-7769.

For more information, visit our Healthy to 100 and Beyond Website at [http://www.wellness.uci.edu/retirees/h2100.html](http://www.wellness.uci.edu/retirees/h2100.html)