



Living Well at Western – Summer Wellness Challenge 2025

 **June 15 – August 31 | Open to all staff and faculty**

Join us and take part in wellness activities that work for you, based on where you are, what you need, and what you enjoy, designed to support your **mind, body, and community connection** all summer long! Participate solo or with a team, earn wellness points, and win prizes!

Challenge Categories:

- Move Your Way – Any physical movement
- Mindful Moments – Meditation, reading, journaling
- Fuel & Hydrate – Water tracking, healthy meals
- Social & Community Connection – Engage with others
- Team Spirit – Optional teams of up to 6

 **Monthly draws & grand prizes** for registered participants!

To Register:

Email livingwell@uwo.ca with your name and team name (if applicable).

Subject line: *Summer Wellness Challenge Registration*

Submit weekly trackers [online](#) or by email to livingwell@uwo.ca



Online Weekly Tracker



Weekly Check-In Tracker



Submit to livingwell@uwo.ca or complete online [HERE](#)

Name: _____

Team Name (if any): _____

Week of: _____

Which wellness categories did you participate in this week?

Move Your Way _____

Mindful Moments

Fuel & Hydrate

Social & Community Connection

Optional – Share a win, story, or photo (for bonus prize entries!):

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Challenge Format:

Choose your own adventure from the categories below and log your activities weekly. Points are awarded for any wellness-related activity—no action is too small! Mix and match activities to meet your goals.

1. Move Your Way

- Walking, wheeling, running, yoga, dancing, gardening—anything that gets you moving
- Aim: 150+ minutes of activity per week

2. Mindful Moments

- Meditation, journaling, reading, creative expression, and screen-free time
- Aim: 3+ mindfulness activities per week

3. Fuel & Hydrate

- Focus on hydration, balanced meals, and new healthy recipes
- Aim: Track water intake or try 1 new health-focused habit per week

4. Social & Community Connection

- Participate in a Western event, chat with a colleague, volunteer, or help a neighbour
- Aim: 1+ connection activity per week

5. Team Spirit (Optional)

- Form a team (max 6) for extra motivation and friendly competition
- Team members can encourage one another, share progress, and log collective wins



Prizes & Incentives:

- Monthly draws for registered participants who log activities
- Wellness swag, gift cards, and more!
- Grand prize draw at the end of summer (for those who participated at least 6 out of 11 weeks)
- Bonus incentives for team participation and creative check-ins

Timeline Snapshot:

| Date | Activity |
|-----------------|-------------------------------------|
| Now – June 15 | Registration opens |
| June 15 | Challenge begins |
| Monthly | Check-in emails + prize draws |
| August 31 | Challenge ends |
| Early September | Winners announced + feedback survey |

How to Participate:

- 1. Register** (optional, but encouraged for points/prizes)
- 2. Choose activities** from the categories that best fit your lifestyle
- 3. Track your progress** weekly (simple online form or printable tracker), submit by Monday morning 9 a.m. the following week [Online Tracker](#)
- 4. Connect** with others, share stories, celebrate your wins!