

VIRTUAL.

Mind, Body & Soul Challenge



MAY 11TH - MAY 15TH

HOW IT WORKS:

- The challenge will be run through the OneDigital Atlanta- Teams Channel
- Each day of the challenge, you have the chance to track and earn **200 KUDOS points**
 - **MINDFUL MONDAY:** Complete a brain teaser activity. These activities can include puzzles, sudokus, and word searches. Upload a picture of the activity you completed.
 - **TOP SHAPE TUESDAY:** Complete 30 minutes of physical activity. Take a picture during the activity and post. The picture can include you and your family, but it can also be a picture of your shoes, the outdoors, any equipment you used, or anything with regards to your activity.
 - **WELL WITH MY SOUL WEDNESDAY:** Unplug from electronics for 1 hour. Some activities that you can do during this hour include reading a book, playing with your children or pets, and more! Write a brief description about what you did for the 1 hour of no screen time.
 - **THOUGHTFUL NUTRITION THURSDAY:** Make your favorite healthy recipe or snack. Post a picture of what you made.
 - **REP YOUR TEAM FRIDAY:** Post a picture of yourself representing your favorite sports team.
- **BONUS KUDOS points:**
Complete **ONE** of the following activities to earn **500 BONUS KUDOS points!**
 - Register your Total Brain account and complete the initial assessment. Once in the Total Brain account, take a picture of your favorite activity you participated in and post.
 - Begin your Aetna Health Journey. Post a screen shot of your favorite step you participated in.

INCENTIVES:

- **DAILY PARTICIPATION PRIZE:** 200 KUDOS points per day
- **BONUS POINTS:** 500 bonus KUDOS points
- **TOTAL POINTS AVAILABLE:** 1,500 KUDOS points

HOW TO PARTICIPATE:

- Keep an eye out for daily challenge reminders in the **OneDigital Atlanta- Teams Channel!**