

Burleigh County Senior Adults Program 2018 WELLNESS CHALLENGE

The 2018 BCSAP Wellness Challenge will focus on the 6 Dimensions of Wellness, which is key to keeping *Quality of Life...Later in Life!*

The **6 Dimensions of Wellness** include:

- **Emotional:** Being in touch with your emotional presence and being aware and comfortable with your own thoughts and feelings. Emotional Wellness relies on being able to express one's thoughts and sensations and to be able to absorb those of others.
- **Intellectual:** Being able to engage in lively interaction with the world around you. The intellect is about flexing the mind's muscle and opening the mind. One's intellectual being is about continued learning, problem solving, processing and creativity.
- **Physical:** Maintaining a sound substantial body through regular exercise, proper nutrition, sleeping well and avoiding harmful habits. Maintaining a consistent well-rounded exercise program is crucial to physical wellness.
- **Social:** Relating, interacting and communicating well with others. Being comfortable in your own skin to be able to contribute and engage in a healthy living environment. Including people in all aspects of our lives is tantamount to social wellness.
- **Spiritual:** Having a sense that life is meaningful and has a purpose and that we are guided in our journey. Spiritual wellness is about embracing the meta-physical and reaching beyond the physical realm of existence and experiences.
- **Environmental (Occupational):** Surrounding yourself with a healthy work and living environment free of hazards and focused on conservation of all natural resources and the role we play in bettering the environment and in gaining personal fulfillment from our surroundings.



GET STARTED:

Participants will complete a 2018 Wellness Challenge Commitment Form.

After form is completed, you will receive a “Wellness Challenge” card. Each card has room for 10 stamps. When you participate in an activity at the Bismarck Senior Center, the card will be stamped. When you receive 10 stamps, you may place your card in the drawing box for prizes, and pick up a new card. The more cards you fill, the better your chances!

PLEASE NOTE: The participant is responsible for getting their ticket punched after each activity.

HOW TO EARN STAMPS ON YOUR CARD:

Attend an activity/class = 1 stamp.

(i.e., cooking class, BoneBuilders, Monday Motivations, etc.)

(Activities do **NOT** include lunch, caramel rolls or pie happy hour)

Attend Annual Health & Learning Day = 3 stamps.

1 mile walking = 1 stamp*

15 minutes on stationary bike = 1 stamp*

1 volunteer shift = 1 stamp

1 BP/BS Screening = 1 stamp

1 Foot Care = 1 stamp



*Walking and Stationary Bike logs will be kept in the Fitness Room and will be totaled the 14th day of each month.

MONTHLY DRAWINGS:

Drawings for prizes will be held prior to the noon meal on:

Thursday, February 15

Thursday, March 15

Monday, April 16

Tuesday, May 15

Friday, June 15

Monday, July 16

Wednesday, August 15

Friday, September 14

Monday, October 15

Thursday, November 15

FINAL DRAWING:

On Thursday, November 15th, we will also place ALL punch cards received throughout the whole year into a drawing for GRAND PRIZES!

FEEL BETTER!

HAVE A SENSE OF ACCOMPLISHMENT!

IMPROVE YOUR HEALTH!

LEARN NEW THINGS AND MAKE NEW FRIENDS!

**BURLEIGH COUNTY SENIOR ADULTS PROGRAM
2018 WELLNESS CHALLENGE
COMMITMENT FORM**



CONTACT INFORMATION

NAME	
ADDRESS	
CITY, STATE ZIP	
TELEPHONE	

IN CASE OF EMERGENCY, PLEASE CALL

NAME	
ADDRESS	
CITY, STATE ZIP	
TELEPHONE	

RELEASE: In consideration of your accepting my commitment to participate in this Challenge, I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Burleigh County Senior Adults Program, the Bismarck Senior Center and its governing body, the Burleigh County Council on Aging, their agents, representatives, employees, volunteers, and class instructors for any and all injuries or otherwise arising out of or in any way connected to my participation in this Challenge.

SIGNATURE

DATE:

PRINT NAME