

Burleigh County Senior Adults Program
“BE AN ACTIVE AGER”
2019 WELLNESS CHALLENGE

The 2019 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.



2019 WELLNESS CHALLENGE SCHEDULE

MONTH	DIMENSION FOCUS	TOPICS (programming may include)	MONTHLY GATHERING/ DRAWING DATE
JANUARY	Wellness Challenge Launch	Overall Wellness “Become Your Best Self”	Monday, January 14, 10 am, Dining Room
FEBRUARY (1/15-2/15)	Physical	Benefits of Exercise Exercise opportunities at the Senior Center	Tuesday, February 19 10 am, South Conference Room
MARCH (2/16-3/15)	Physical	Importance of Good Nutrition Memory Boosting Foods	Monday, March 18 10 am, South Conference Room
APRIL (3/16-4/15)	Environmental (Occupational)	Encouraging the Feeling of Usefulness Volunteer at the Senior Center Volunteer Appreciation Party	Monday, April 22 10 am, South Conference Room
MAY (4/16-5/15)	Emotional	Health & Learning Day Older Americans Month Letting Go of Negative Thoughts and Feelings Support Groups, Spa Day Art Classes, Nature Intergenerational Programming	Monday, May 20 10 am, South Conference Room
JUNE (5/16-6/15)	Physical	Get Out & Walk! Exercises to Help Arthritis Pain & Stiffness Health Benefits of Yoga/Tai Chi	Monday, June 17 10 am, South Conference Room
JULY (6/16-7/15)	Spiritual	The Benefits of Journaling Meditation, Pet Therapy Bible Study, Nature	Monday, July 22 10 am, South Conference Room
AUGUST (7/16-8/15)	Intellectual	Learn New Skills Technology Brain Fitness Techniques Creative Writing Poetry	Monday, August 19 10 am, South Conference Room
SEPTEMBER (8/16-9/15)	Social	Senior Center Month Activities The Benefits of Social Interaction Communicating with Grandchildren through Social Media (Facebook, Twitter)	Monday, September 16 10 am, South Conference Room
OCTOBER (9/16-10/15)	Physical	How to Prevent Falls Strength & Balance Exercises Importance of Taking Care of your Feet	Monday, October 21 10 am, South Conference Room
NOVEMBER (10/16-11/15)	Wellness Challenge Wrap-up	Overall Wellness Achievements Celebration PRIZES Top 3 Walkers, Top 3 Bikers Final Drawing for prizes with all punch cards collected.	Monday, November 18 1 pm, South Conference Room

***“No Matter What Your Age, Size or Fitness Level,
It’s Never Too Late to Start Exercising!”***

CHALLENGE: Can we walk/bike from Bismarck to...

Denver, CO	715 miles
Chicago, ILL	834 miles
Las Vegas, NV	1,319 miles
Phoenix, AZ	1,531 miles
Los Angeles, CA	1,588 miles
New York, NY	1,623 miles
New Orleans, LA	1,701 miles
Tallahassee, FLA	1,833 miles
Juneau, AK	2,140 miles



20 laps around Dining Room = 1 mile
10 minutes on stationary bicycle = 1 mile

LET’S GET STARTED:

Participants will complete a 2019 Wellness Challenge Commitment Form (or verify information on 2018 form and date/initial).

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 Burleigh County 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

(volunteering during meal service = 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 on approximately the 15th of each month. Get your stamps for your walking and biking prior to the monthly gathering.

**BURLEIGH COUNTY SENIOR ADULTS PROGRAM
2019 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 Burleigh County 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