



Join us this summer for a new five-week campaign designed for participants to focus on the benefits of living green across five areas of health: Nourish, Move, Prosper, Balance and Sustain.

## 1 GET READY FOR LIVE GREEN

Pick up your participant guide during the kickoff week April 1-5 and begin tracking on April 8. You can also track and complete this campaign through the link that will be emailed to you each week.

## 2 COMPLETE 5 ACTIVITIES EACH WEEK

Complete five (5) activities each week and fill out the box on your paper tracker.

## 3 SUBMIT YOUR GUIDE

The goal is to fill in all of the leaves of the tree by completing 25 activities. Return to Wellness (or complete the emailed links) by May 17 to receive campaign credit.



Feed your body whole foods with an emphasis on plants.



Incorporate movement into your daily routine and spend time in nature.



Practice financial responsibility and plan for financial security in the future.



Successfully manage stressors and foster healthy relationships.



Contribute to healthy personal surroundings and use resources conservatively.

# LIVE GREEN TRACKER

To complete the campaign, enter the number of the activity you have completed on the corresponding colored leaf. You may repeat the same activity or try different ones with the goal of five completed activities per week or 25 for the entire campaign.

## NOURISH



1. Find a Farmer's Market to purchase fresh produce. (on a Saturday)
2. Substitute your dessert for fruit.
3. Try a new fruit or vegetable you have not tried before.
4. Make half your plate vegetables for one meal.
5. Substitute beans for meat at one meal.
6. Incorporate a fresh herb into one meal.
7. Sub your condiments for plant based dips. Try salsa, guacamole, hummus, or pesto.

## MOVE



1. Park in the farthest available spot everywhere you go today.
2. Take 5 minutes to stretch during your lunch break.
3. Do an exercise of your choice during commercial breaks.
4. Take a lap (or more) outside around your worksite during a break.
5. Stand for 1 minute every waking hour.
6. Try an outdoor summer sport.  
(Ex. tennis, swimming, kayaking, beach volleyball, etc.)
7. Spend 15 minutes doing chores or yard work.



Name: \_\_\_\_\_ Badge: \_\_\_\_\_

## PROSPER



1. Create a monthly budget.
2. Skip buying your drink of choice today and stick with water.
3. Avoid eating out today.
4. Check your subscriptions and cancel any that you don't use regularly.
5. Put extra money towards paying off a debt today.
6. Research a financial topic you would like to learn more about.
7. Make a savings plan to prepare for your next large purchase.

## BALANCE



1. Make a to-do list in order of priority.
2. Call a loved one on your drive home from work.
3. Share a meal with a loved one.
4. Spend 5 minutes focusing on deep breathing.
5. Spend 15 minutes outdoors.
6. Begin your day by making your bed.
7. Get 8 hours of sleep.

## SUSTAIN



1. Use reusable bags at the store today.
2. Start your own garden and/or compost pile.
3. Recycle used bottles, cans, cardboard, and paper products.
4. Carpool to work with a spouse, neighbor, or coworker.
5. Declutter your office, car, or bedroom, recycling or donating when possible.
6. Bring a reusable water bottle to work instead of using plastic bottles.
7. Turn off all unnecessary lights when leaving your home.

E-mail: \_\_\_\_\_

☐ Employee ☐ Spouse

# HELPFUL RESOURCES

Download any of these **free** helpful apps to your smart device for added support in any of the five health areas.



Visit: [www.americanwellbody.com/livegreen](http://www.americanwellbody.com/livegreen) for our resource guide and direct link to the apps.

## NOURISH



**Seasonal Food Guide** - Find what produce is in season in your state at any time of year!



**Mealime Meal Plan and Recipes** - Customizable meal plans, recipes and grocery lists.



**Feel Better** - Provides effective ways to improve your health through plant-based recipes, exercise, mindfulness and sleep.

## MOVE



**Wakeout** - Provides you with reminders and ideas for movement breaks you can do at your desk.



**StretchMinder** - Guides you through 3-minute stretch breaks to help improve focus, ease pain, relieve stress, and boost energy.



**AllTrails** - Find specific details, reviews, pictures, and maps for over 400,000 trails around the world.

## PROSPER



**Mint** - Provides a complete picture of your financial health by bringing together account balances, monthly expenses, spending, your free credit score, custom budgets, and more.



**Goodbudget** - A personal finance app perfect for budget planning, debt tracking, and money management.



**Zogo** - Breaks down complicated financial topics into fun bite-sized modules to improve your financial literacy.

## BALANCE



**Happify** - Science-based activities and games that can help you overcome negative thoughts, stress, and life's challenges.



**Calm** - Discover a happier, healthier you through their meditations, sleep stories, music, and more.



**Todoist** - A powerful task manager and to-do list app that will take your organization and productivity to the next level.

## SUSTAIN



**Recycle Coach** - Trash and recycling collection reminders; instant search results to sort your recyclables from non-recyclables; and so much more – all tailored to where you live.



**Seed to Spoon** - Provides personalized planting dates, answers to your gardening questions, plant care, identification, and managing pests organically, recipes and more.



**OfferUp** - Sell your unwanted items to make some extra money and reduce the amount of waste heading to the landfill.