

be

INTENTIONAL

“be” is a 3-week wellness campaign that invites you to be intentional about

your health and well-being. Positive lifestyle changes don’t just happen. It takes deliberate, mindful choices and actions to be our best self.



BEGINS
JUNE 2

Complete simple activities each week.
Intentions in these 3 components will lead to
positive lifestyle and health changes!

HOW TO **be**GIN!

- ⬡ **Kickoff Week** is May 21 – May 30.
Pick up your tracker and your T-shirt.
- ⬡ **The campaign begins** on Monday,
June 2, and ends Friday, June 20.
- ⬡ **Turn in your tracker** by Friday, June
27, for campaign credit and to be
entered for prizes!

3 HEALTH COMPONENTS



P R E S E N T

This moment matters! Focus on positive thinking, developing and nurturing your relationships, and “single-tasking.” Make each day memorable!



A C T I V E

Move your body. The impact is far-reaching. It is beyond maintaining a healthy weight and preventing and managing health conditions. Movement and exercise will increase balance and flexibility, clear your mind, help you sleep and improve your focus.



N O U R I S H E D

Eat mindfully and choose foods and beverages that will encourage health and optimize your energy.

be INTENTIONAL TRACKER

Each week choose at least 2 activities from each of the 3 components. Write the corresponding number of the activity in the box of the matching cell. You may also add your own.

Prior to each week of the campaign, you will receive an email with tips, suggestions and links with more activities and resources to assist you in being intentional!

be PRESENT

Strengthen relationships through meaningful interactions with others. Take steps to make every moment count!

COMPONENTS:

Mindfulness, gratitude, conscious decision-making, deepening connections, active listening, service to others, goal setting and creating long-term habits

ACTIVITIES

1. Set an intention each morning.
2. Practice 5-10 minutes of deep breathing or meditation.
(Suggested apps – Headspace, Calm)
3. Journal about personal values and what matters most.
4. Make a list of personal and professional goals for the next 2 - 5 years.
5. Have a tech-free evening to be fully present.
6. Start a gratitude practice and list 3 things daily you are thankful for.
7. Identify a habit you want to change and decide how you will begin.
8. Take a mindful break during your workday.
9. Practice single-tasking. Focus on one task at a time.
10. Reconnect with a friend and make plans to see them.
11. Nurture your significant other or child this week!
12. _____

Legend



be Present

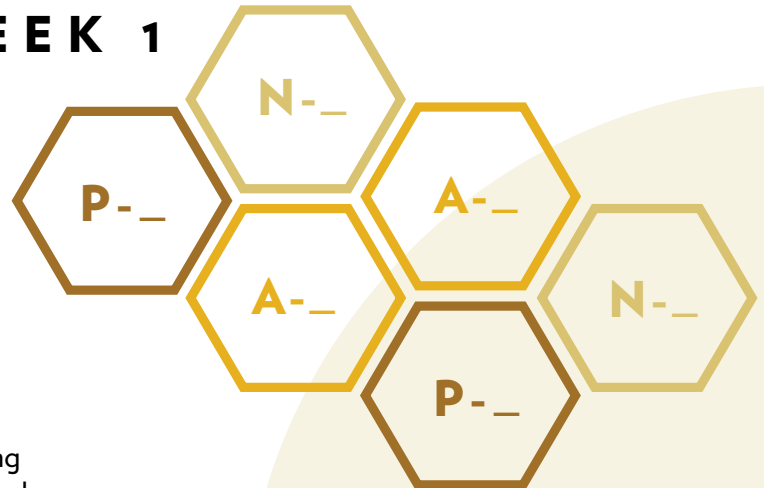


be Active

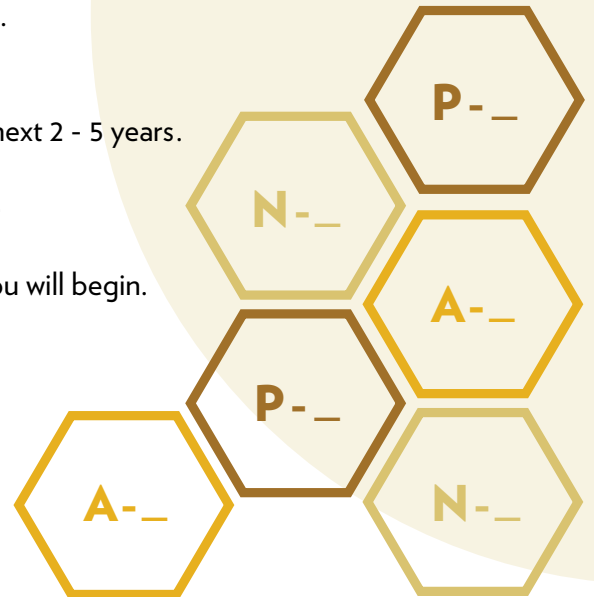


be Nourished

WEEK 1



WEEK 3

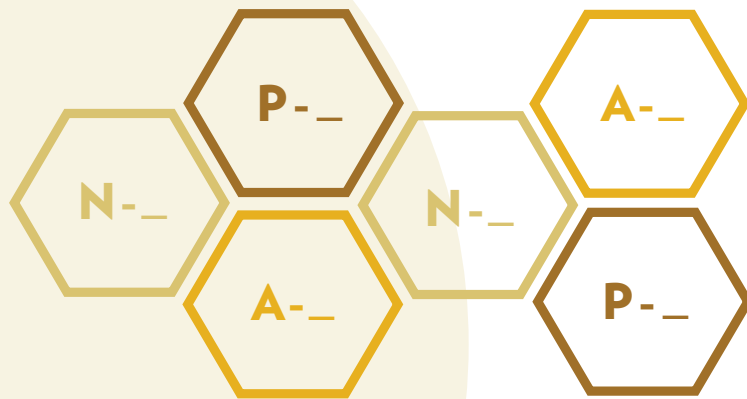


Name: _____ Badge: _____ ☐ Employee ☐ Spouse

COMPONENTS: Movement and recovery

ACTIVITIES

1. Move with purpose - choose an activity you genuinely enjoy (walking, yoga, strength training).
2. Practice mindful stretching or a 10-minute body scan meditation.
3. Take a mindful walk, focus on surroundings and deep breathing.
4. Walk 10,000 steps/day.
5. Complete a 10-minute strength training session.
6. Complete a stretching session 3 times/week.
7. Take an Active Break during your workday.
8. Utilize a fitness tracker to log your exercise (Fitbit, Apple watch, Garmin, MyFitnessPal, etc).
9. Join a Fitness Class offered in the Wellness Center (June 10 and June 12 at 12 noon or 12:30 p.m.) or drop by for a consultation with our personal trainer!
10. Exercise at your desk (seated leg raises, seated twists, shoulder rolls).
11. Have a walking meeting with co-workers.
12. _____



WEEK 2

COMPONENTS: Mindful eating for energy and satiety

ACTIVITIES

1. Prepare meals for the week.
2. Eat without distractions (no phone or TV during meals).
3. Cook a meal with whole, unprocessed ingredients.
4. Hydrate intentionally - drink half your body weight in ounces of water.
5. Participate in a Snack Swap with Wellness. Bring us your boxed or bagged processed snack and we will provide you with a healthy alternative. (The snacks collected will be provided to Grace Klein.)
6. Eat 5 fruits and/or vegetables a day.
7. Have a sugar-free day. (NO sugar-sweetened beverages).
8. Submit your favorite healthy recipe. Wellness will put together a "be Intentional" cookbook.
9. Join the Wellness Cooking Demonstration class for Better Blood Sugar Control on June 17 - in person at 7 a.m. or virtually at 11:30 a.m.
10. Eliminate caffeine for 1 day.
11. Visit a farmer's market and purchase fresh fruits and vegetables.
12. _____

HOW OUR OWN ACIPCO FAMILY IS IMPROVING THEIR WELLbeing

YOLANDA BAILEY | HR BUSINESS PARTNER

“Having struggled with my weight and tried many different diet fads – keto, food delivery services, diet shakes and more – I found that nothing ever felt sustainable for me. During a wellness program called “Livewell,” I learned the value of making small lifestyle changes. I began to implement these small, intentional changes, and I’ve stuck with them. For example, instead of stopping at my mailbox at the end of the driveway, I started parking in the garage and walking to get the mail. When my son asked for fast food, I would only buy something for him and eat leftovers or a meal at home. While waiting for his practice to finish, instead of sitting in the car or just watching, I started walking. It’s often hard to change your habits, but once you begin and are INTENTIONAL about the changes you make, they really start to add up.”

DYLAN BAGGIANO | COMMUNICATIONS DEPARTMENT

My WellBody Club screening was a wake-up call for me to make a few dietary and lifestyle changes. Since then, I’ve incorporated three days of strength training into my weekly routine, included more protein in my diet and I’m getting closer to my goal weight every day. Being a member of the WellBody Club has helped keep me accountable for my wellness decisions, and I’m grateful for the advice I’ve continued to receive. Thank you, Wellness!

MARK ROUSE | PRODUCT ENGINEERING TECHNICIAN

“My focus on wellness used to be balancing cardio and strength. As I’ve gotten older, I’ve realized the importance of mental wellness, which means finding a place of peace and comfort in difficult or stressful times. As part of the non-profit mission organization *Send Me Refuge*, I’ve had the liberty to help provide basic needs - food, clothing, medication and education; as well as sharing and teaching the Gospel of Jesus, primarily in the garbage dump in Tapachula, MX. Trust me when I say that when you return home after one of these trips, just being able to open your pantry and it is not bare or turn on your faucet and drink in your fill of clean water will make you appreciate how truly blessed you are. It will give you a mental wellness that only God can provide.”

MIKE MOSES | DIP

“I’m committed to being intentional with my health by including regular running and workout sessions into my weekly routine. I try to prioritize physical activity to enhance my overall well-being, especially as I age.”

be INTENTIONAL has encouraged you to take deliberate action steps to be **Present, Active and Nourished**.

OF ALL OF THE ACTIVITIES YOU’VE COMPLETED AND CONSIDERED, AT THE CAMPAIGN END - WHAT DO YOU WANT TO **be**?

strong inspired balanced mindful fueled informed