

25-DAY WELLBEING CHALLENGE

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| Drink 16 more ounces of water than you usually do | Stretch for 15 minutes in the morning | Go to bed 30 minutes earlier than usual | Tell 3 people something you appreciate about them | Have a social media free day |
| Make a meal with an ingredient you've never had before | Organize a game night | Go for a 2-mile walk | Video chat with friends/family | Respond to a post/story on MSU Denver Rec's Facebook or Instagram |
| Host a watch party | Color something from start to finish | Take a 2-hour break from technology | Spend 30 minutes cleaning your home | Explore somewhere new |
| Try a new hobby | Don't complain for the whole day | Run/walk a 5k in your neighborhood | Participate in a virtual engagement opportunity on the VE website | Identify five flowers/plants/trees in your neighborhood |
| Explore local street art | Listen to music (at least 30 minutes) | Try something recommended on MSU Denver Rec's social media accounts | Go for a 5-mile bike ride | Collect things for donation |

Can you accomplish all 25 goals in 25 consecutive days? Make sure you're accomplishing at least one per day.
#MSUDenverRec25
#bewell

Social Media: @MSUDenverRec

msudenver.edu/campusrec
msudenver.edu/virtualengagement



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