



# Spring into Action Healthy Habits



- ✓ Complete any of the healthy habits listed below and record your points each week.
- ✓ You may use the Spring into Action Scorecard or create one of your own.
- ✓ The goal is to reach 200 points plus achieve at least a 5% team weight loss in this challenge.
- ✓ Email [healthwise@crownc.com](mailto:healthwise@crownc.com) or call ext. 14330 if you have any questions.

SPRING INTO ACTION CATEGORIES	SPRING INTO ACTION TASKS	POINTS ALLOWED
<b>Blood Pressure</b>	Get your blood pressure checked and record your reading on the HealthWise Blood Pressure Tracking Card	
<b>Decrease Sodium</b>	Do not add additional salt when cooking or eating meals this week	
<b>Dental or Vision Check</b>	A Dental or Vision checkup was completed in 2018	
<b>De-Stress</b>	Perform meditation, yoga, or deep breathing for at least 5 minutes per day for 5 days this week	
<b>Exercise</b>	Take at least a 10-minute walk at lunch during the work week	
<b>Exercise</b>	Exercise at least 30 minutes per day at least 5 days this week	
<b>Exercise</b>	Perform 5 minutes of stretching activities per day for at least 3 days this week.	
<b>Financial Well-being</b>	Log into your Merrill Lynch 401(k) account and confirm that your beneficiaries are up to date.	
<b>Fruits and Vegetables</b>	Consume at least three servings of fruit and/or vegetable per day at least 5 days this week	
<b>Preventive Care</b>	Go to <a href="http://healthwise.employee.crown">healthwise.employee.crown</a> and review your Preventive Care checklist based on your age and gender. You may also view a Preventive Care checklist for dependents.	
<b>Safe Driving</b>	Stay focused on the road. Turn off your phone while driving to/from work	
<b>Sleep</b>	Get at least 7 hours of sleep at least 3 days/nights this week	
<b>Soft Drinks</b>	Eliminate drinking soft drinks (regular or diet) this week	
<b>Tobacco Use</b>	No tobacco or tobacco products (including vaping) at all for this week. <i>(Tobacco and non-tobacco users eligible for points)</i>	
<b>Water</b>	Consume at least 32 ounces of water per day at least 5 days this week	
<b>Wellness Screening</b>	Participated in the HealthWise wellness screening or completed a cholesterol check with your doctor in 2018	
<b>Your Choice</b>	Submit a healthy habit idea to HealthWise. If approved to use in this challenge, earn 10 points.	