

Fall Back Into Healthy Habits Challenge

What: A Four-Week Healthy Habits Challenge using [Daily Endorphin](#) to track progress.

Who: All employees are invited to participate

When: Begins **September 13, 2021** and ends **October 11, 2021**

Why: Fun, motivation, establish healthier routines before winter, and a chance to win prizes!

How to sign up:

1. Use the following link (copy & paste into a web browser):
<https://www.dailyendorphin.com/de/signup/join/group/2610/c434a3>
2. Either “Create an account” or sign in with existing Daily Endorphin information. *For more information regarding Daily Endorphin:* http://www.dailyendorphin.com/user_faq/

What else: There are a variety of ways to earn points.

- **Exercise** – Activities (walking, biking, swimming, hiking, etc) over 15min can be included and you choose the intensity level
- **Nutrition** – Choose a healthy breakfast? Earn 4points. Choose healthy snacks? Earn 4 more points.
- **Wellness** –Reduce screen time, maybe perform a random act of kindness, get some quality sleep – these all earn you points.
- **Steps** – Earn points for 5,000 and additional for 10,000 steps/day.

The tracking is on your honor...this is called a challenge for a reason. Some items may come easy to you, and that’s great! Others may take a little effort and if you aren’t able to claim them, then maybe that is the one habit you focus on.

Questions? Contact Wellness Coordinator, Angel Hohenstein, at 218-348-9428 or email ahohenstein@duluthmn.gov

