

# FEBRUARY



## Monthly Wellness Challenge

**MON**

**1** Write down 3 goals to achieve by the end of the month

**8** Take a 24 hour social media break

**15** Take time to prepare a balanced meal I made \_\_\_\_\_

**22** Work on your reading goal

**TUE**

**2** Drink at least 64oz of water today I Drank \_\_\_ oz!

**9** Try a low-impact workout you've never done before

**16** Be active with a friend or family member for at least 30 minutes

**23** Find a free online yoga video and complete it

**WED**

**3** Wake up 30 minutes early to do a calm activity before you start your day

**10** List 5 things you are grateful for

**17** Do something for someone in need

**24** Make a FRESH To-Do List and cross one thing off, continue to work on it for the next week

**THU**

**4** Declutter a space in your home or office

**11** Drink at least 64oz of water today I Drank \_\_\_ oz!

**18** Reach 60 active minutes You can do it at once or break it up

**25** Make a meal using an Alaskan Food such as salmon, berries, moose or caribou!

**FRI**

**5** Reach out to a friend you haven't spoken to in a while

**12** Set a reading goal and get started!

**19** Wake up 30 minutes early to do a calm activity before you start your day

**26** Try a low-impact workout you've never done before

**SAT**

**6** Take time to prepare a balanced meal

**13** Find a free online yoga video and complete it

**20** Find a 5-minute meditation & complete it

**27** Go to bed before 9PM

**SUN**

**7** Find a free online yoga video and complete it

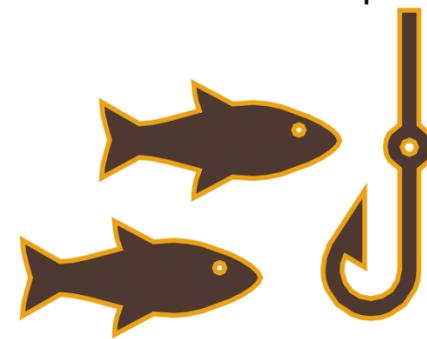
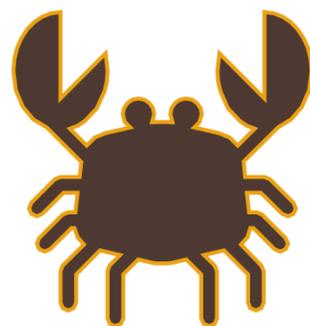
**14** If you haven't already, participate in the V-Day 5K sponsored by CAMP!

**21** Spend at least 30 minutes outside Go Ice Fishing, if you can!

**28** Reflect on the 3 goals you set earlier in the month

### Reminders:

V-Day Virtual 5K will take place from February 7<sup>th</sup>- 14<sup>th</sup> , visit our website to submit your recorded activity!  
CAMP Produce Market will be held the week of February 14<sup>th</sup> - 21<sup>st</sup> check our website for updates!



# Resources

## What is a low-impact workout?

Low-impact exercises are exercises that are low-impact on your joints. These types of exercises can include walking, swimming, yoga, cycling, or elliptical cardio. Anything that is easy on the joints or gentle and in fluid-motion is low-impact. Try searching for a video on YouTube or go outside and practice Alaskan activities such as snowshoeing or cross-country skiing.

## Where can I find a Meditation?

Meditations can be found on YouTube or a variety of apps such as Calm or Headspace. If you want to learn more about meditating and the science behind it, try watching the documentary on Netflix: Headspace Guide to Meditation

## Where can I find a yoga video?

Free yoga videos are easy to find on YouTube and Amazon Prime. Search "Free Yoga" and you will find a variety of options. If you are new to yoga, we recommend starting with a shorter video and one designed for beginners. Yoga promotes flexibility and can reduce stress. Visit: <https://www.yogabasics.com/practice/yoga-for-beginners/> to learn more about the benefits yoga can provide!



Photo Source: <https://vilda.alaska.edu/digital/collection/cdmg2/id/2555/>

DID YOU KNOW?

## Ice Fishing

Ice Fishing is a great way to practice wellness in the Winter. Ice Fishing provides a way to be physically active outside, connect with nature, culture and tradition.

Tomcods (Pacific Saffron Cod) makes for a fun activity of ice fishing & a healthy meal afterwards. Many people in Nome ice fish at the jetty. Smelts are also a good source of nutrition. Smelts have no carbohydrates making them a good option for people with diabetes and they contain a lot of protein. They provide vitamin D, which is difficult to get in the winter.

We hope if you get the opportunity to participate, you enjoy ice fishing this month as a wellness activity. Be sure to go only where you know and see others fishing on thick ice.

## Smelt Nutrition

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	<b>97</b>
% Daily Value *	
<b>Total Fat</b> 2.4g	<b>3 %</b>
Saturated Fat 0.5g	2 %
<b>Cholesterol</b> 70mg	<b>23 %</b>
<b>Sodium</b> 60mg	<b>3 %</b>
<b>Total Carbohydrate</b> 0g	<b>0 %</b>
Dietary Fiber 0g	0 %
Sugar 0g	
<b>Protein</b> 18g	<b>36 %</b>
Vitamin D 0.80mcg	4 %
Calcium 60.00mg	5 %
Iron 0.90mg	5 %
Potassium 290mg	6 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Guardian's name (If under 18): \_\_\_\_\_

Your Community: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Address \_\_\_\_\_

Do you want your incentive mailed? *Yes or No*

Choose an Incentive:

- \$10 Veggie Bucks for a CAMP Sponsored Produce Market
- 50% Nome Rec Center Monthly Pass Coupon
- 5-Punch Nome Rec Center Pass
- Foods We Alaskans Enjoy Cookbook
- Water Bottle w/Water Timeline *Circle Color Choice: Orange      Blue      Black      Clear      MintGreen*

30 Day Wellness Challenge Rules

- Complete exercise/activity designated for each day of the month.
- You do not have to complete the exercises all at one time. For example: You can complete 15 mountain climbers in the morning of that day and 20 in the evening of that same day.
- Participants under 18 years old must get a parent or guardian to sign the calendar.
- Return completed calendar to CAMP to receive a prize.

I understand and accept the element of risk of physical injury through participation in the 30 Day Wellness Challenges. I further understand there is no medical insurance provided by the Norton Sound Health Corporation or its employees, volunteers, and sponsors for this program. I will assume all risks and I am aware that I shall be responsible for any and all medical costs that may arise from injury through participation in this program as well as any other unforeseen costs that could arise. I release Norton Sound Health Corporation from any and all liability, loss, damage, costs, claims or causes of action including but not limited to property damage or bodily injuries that may arise from this activity.

**Participant or Parent/Guardian Signature (if under 18 years old):** \_\_\_\_\_



Please return completed calendars to  
 NSHC CAMP office or email  
 wellness@nshcorp.org  
 Questions: Call 443-3365

