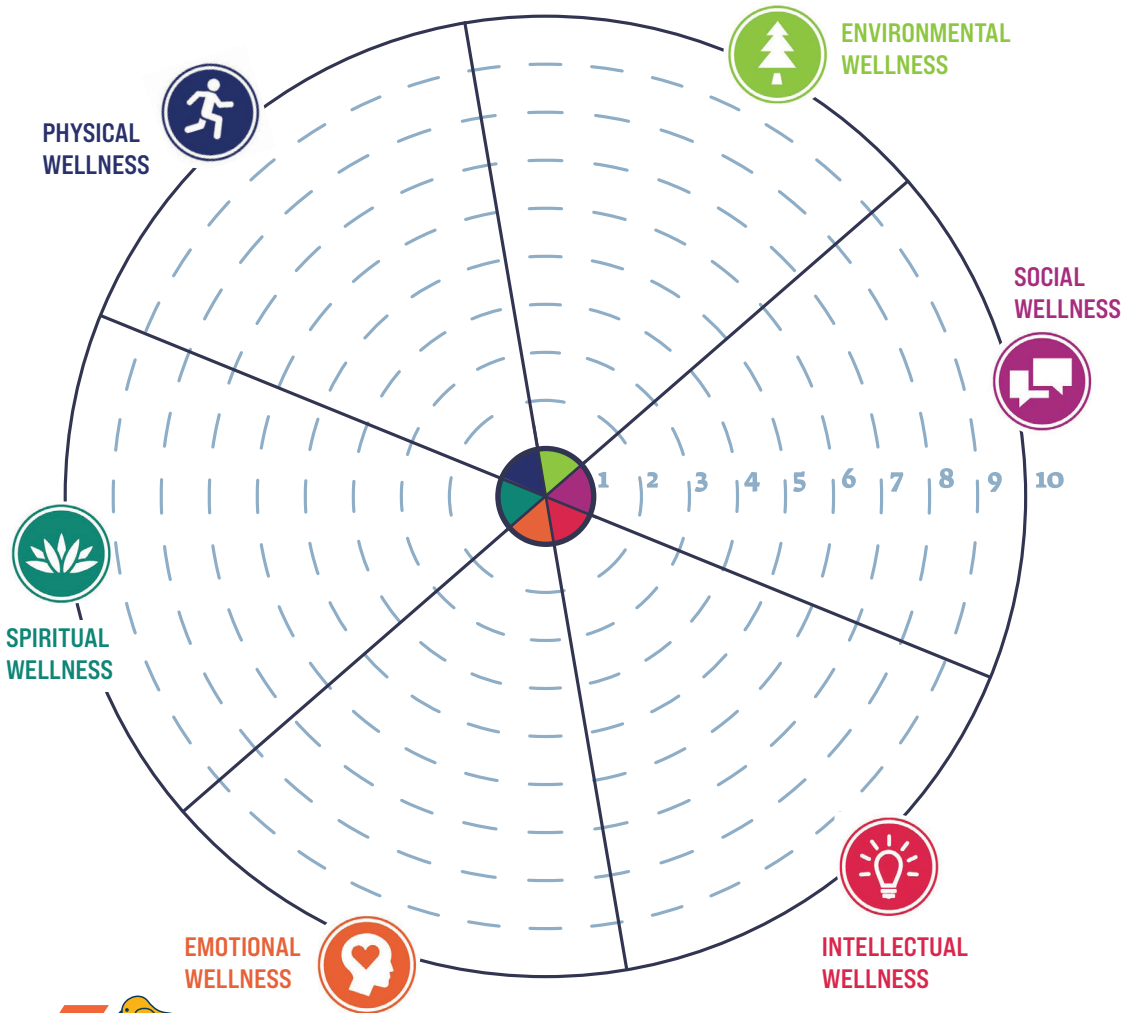


65TH ANNIVERSARY FITNESS & WELLNESS CHALLENGE



In honor of Virginia Beach Parks & Recreation's 65th Anniversary, we have created a Fitness & Wellness Challenge to celebrate the 6 Dimensions of Wellness. Starting at the center of each dimension, fill in your VBPR Wellness Wheel by coloring a level for each of activities you complete within the corresponding dimensions. Complete at least 5 activities in each dimension. When you complete your entire VBPR Wellness Wheel, submit to the front desk of any rec center to redeem a special Parks & Rec prize (while supplies last)!



PHYSICAL WELLNESS

- Complete 65 miles of physical activity during the month of July (Physical activity conversion chart provided on on back)
- Visit a local farmers market and purchase fresh fruits and vegetables for the family to enjoy.
- Track your food and water intake for a week and review some of the unhealthy choices.
- Incorporate a fruit or a vegetable in every meal you have throughout the day for a week.
- Plan out your meals and prepare them in advance for the week.
- Make sure you are scheduled for all your regular annual doctor/dentist appointments.
- Be mindful and pay attention to the food you consume each day, to help ensure you are making healthy choices.
- Monitor and record your blood pressure for three days.
- Incorporate more fiber into your diet by adding more fruits, vegetables, beans, whole grains, or leafy greens into your diet.
- Keep regular bed-times and wake-times sleep schedule to help you sleep better.

ENVIRONMENTAL WELLNESS

- Clean your home/work environment to prevent clutter and to stay organized.
- Make maximal use of natural light, fresh air, and live plants.
- Discard garbage regularly and remove spoiled foods out of the refrigerator.
- Conserve energy (fuel, electricity, water, etc.) in your home, car, and elsewhere.
- Recycle glass/paper/plastic/etc.,
- Pick up trash in your neighborhood.
- Go to a Virginia Beach City park and walk a trail and be mindful of your surroundings.
- Use re-usable water bottles, mugs, and grocery bags.
- Use water wisely. Turn off the faucet when: washing your hands, brushing your teeth, and taking baths/showers.
- Pick up litter when you see it.

SOCIAL WELLNESS

- Volunteer at a local organization.
- Call/visit a far-away friend or family member.
- Join a club or a sports team.
- Organize an outing with family/friends, explore a new place.
- Schedule a regular date with a friend/family member, whether it be virtually or in-person.
- Get involved in your school, workplace, or community.
- Make an effort to build a new relationship with someone.
- Be physically active with others. Invite a friend/

family member to join you in a fitness class/workout.

- Get engaged with other people in your community.
- Practice open, honest communication of your needs with others.

INTELLECTUAL WELLNESS

- Make an effort to learn something new.
- Listen to a lecture/play/musical performance in-person or online.
- Do a creative and stimulating mental activity/game.
- Read a book that isn't a required reading.
- Practice a skill you would like to improve on.
- Engage in an intellectual discussion.
- Look up something you don't know.
- Complete a crossword or sudoku puzzle.
- Prioritize your day(s) and work on identifying what is the most pressing and important vs. what is less pressing.
- Work on your memory by connecting information, such as names, to visual cues. Make a connection with something already familiar to you.

EMOTIONAL WELLNESS

- Turn off electronics and connect face-to-face for one hour a day with your family.
- Do a good deed for someone else.
- Practice self-affirmation (e.g. say three positive things about yourself)
- Spend time with a friend/family member.
- Reflect on your day before going to sleep.
- Manage your stress through positive coping methods.
- Seek and provide support when you or a loved one is in need.
- Practice stress management techniques.
- Maintain a positive attitude even when problems arise.
- Openly share your feelings with someone you trust.

SPIRITUAL WELLNESS

- Write down your own personal values and describe your beliefs about life.
- Make a conscious choice about your daily actions that are based on your personal values.
- Take time to personally reflect either through prayer, meditation, or journaling.
- Learn about others beliefs and values that are different from your own.
- Use your thoughts and attitude in life-affirming ways.
- Actively practice gratitude (e.g. write down five things you are grateful for, or handwrite a thank you note, etc.)
- Find your center by attending a yoga class and being mindful in your body and spirit during the class.
- Reflect on the meaning of past events that have occurred in your life.
- If you have a religion, study and practice it.
- Spend time appreciating the natural world around you.

VIRGINIA BEACH
PARKS & RECREATION

VBGOV.COM/FITNESS

Physical Activity Conversion Chart
TIME SPENT EQUIVALENT TO MILES OR TO STEPS

Physical Activity	Time spent to equal 1 Mile or 2,000 Steps	Physical Activity	Time spent to equal 1 Mile or 2,000 Steps
Aerobics (low impact)	16 minutes	Soccer	10 minutes
Aerobics (moderate)	13 minutes	Stationary Bicycling (light)	16 minutes
Aerobics (high impact)	11 minutes	Stationary Bicycling (moderate)	11 minutes
Basketball	20 minutes	Stair Climber	7 minutes
Bicycling (leisurely, 10-11.9 mph)	20 minutes	Stationary Bicycling (vigorous)	8 minutes
Bicycling (moderate, 12-13.9 mph)	10 minutes	Stretching- 6 steps per min	3 hours 33 minutes
Bicycling (vigorous, 14-15.9 mph)	8 minutes	Surfing	9 minutes
Mountain Biking (hills)			
Canoeing	18 minutes	Swimming (leisure)	15 minutes
Dancing (all types)	15 minutes	Swimming (moderate effort)	12 minutes
Elliptical	10 minutes	Swimming (treading water)	41 minutes
Football	15 minutes	Swimming laps (vigorous effort)	9 minutes
Hiking (20-42 lb. load)	9 minutes	Tai Chi- 8 steps per minute	2 hours 50 minutes
Hiking, general	12 minutes	Tennis (Handball/Racquetball)	10 minutes
Jump rope (slow)	11 minutes	Volleyball (game)	9 minutes
Jump rope (moderate/fast)	8 minutes	Volleyball (leisure)	23 minutes
Kickboxing/Karate	7 minutes	Walking (jogging)	20 minutes
Pilates	20 minutes	Water Aerobics	20 minutes
(sit-ups/crunches/push-ups)			
Resistance Training (Push Mowing/Light Gardening/Raking Pruning)	27 minutes	Weightlifting (Heavy Gardening and Landscaping/ Rock Climbing)	27 minutes
Rollerblading (Ice Skating)	10 minutes	Yoga	40 minutes
Rowing (Kayaking) light	27 minutes	Bowling, Golfing/Frisbee Golfing/Baseball/Softball	20 minutes
Rowing (moderate)	13 minutes		

STEPS TO MINUTES TO MILES COVERSION CHART

STEPS	MINUTES	MILES	STEPS	MINUTES	MILES
500	5	.25	5,500	55	2.75
1,000	10	.50	6,000	60	3.00
1,500	15	.75	6,500	65	3.25
2,000	20	1.00	7,000	70	3.50
2,500	25	1.25	7,500	75	3.75
3,000	30	1.50	8,000	80	4.00
3,500	35	1.75	8,500	85	4.25
4,000	40	2.00	9,000	90	4.50
4,500	45	2.25	9,500	95	4.75
5,000	50	2.50	10,000	100	5.00