



LARIMER
COUNTY

APRIL 2022

HEALTH UPDATE

Set A Personal Wellness Challenge



SPRING INTO HEALTH



Prioritize your total wellbeing at any stage of life with a personal wellness challenge.

Complete one or all of the personal wellness challenges below to boost your mental, physical, and financial health.



START SMALL TO ACHIEVE BIGGER RESULTS

Complete small fitness-based tasks over a longer period of time. Manageable steps can help you effectively work toward achieving a larger goal. Try tasks such as drinking two 16-ounce glasses of water in the morning and afternoon to stay hydrated or practice a new workout for a week to improve your form.



SET A POSITIVE INTENTION EACH WEEK

Write down positive intentions to help improve your mental health. Positive intentions are actions you plan to do or ways of thinking you try to embody. Setting and completing an intention can help alleviate stress and boost your creativity. Try setting an intention such as: "I will tell my friend or coworker something I admire about them," for an added boost to your social health and to brighten someone's day.



BOOST YOUR WEALTH KNOWLEDGE

Challenge yourself to learn a new money practice each month. Build a personal library of financial tips and tricks when you take an introductory online course on money management and review your retirement savings goals with a financial planner. Or listen to a podcast to gain a new perspective on your finances.