

MARCH MADNESS

WELLNESS CHALLENGE

Presented to you by the
Partnership for a Healthy Durham



Compete
for prizes!



STARTING MARCH 18, 2025

Join us for a 3-week wellness campaign during the NCAA Tournaments as we challenge the Durham community to focus on daily habits that promote healthier, happier lives! We will focus on:

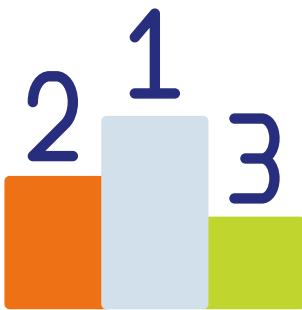
Physical Activity

Mindfulness

Hydration

Sleep

1. Track how much physical activity you get daily, in minutes of activity
2. Track how much water you drink daily, in ounces
3. Track mindfulness practice, in minutes daily
4. Track how much sleep you get each night, in hours
5. Input these metrics the following day using a provided link
(or write down on a provided paper tracker)
6. Points will be rewarded each day depending on amounts on each of the categories



A leaderboard will be announced halfway during the week and at the beginning of each new week

Round 1

**March
18th-24th**

Round 2

**March
25th-31st**

IMPORTANT DATES

Round 3

April 1st-7th

*Final Day to Input Results:
Tuesday, April 8th*

HOW TO SIGN UP

You can register as part of a **TEAM** or as an **INDIVIDUAL**

INDIVIDUAL



Registration Opens on Monday, 3/10

Use the provided link to register

TEAM



**5 people max*

Registration Opens on Tuesday, 3/4

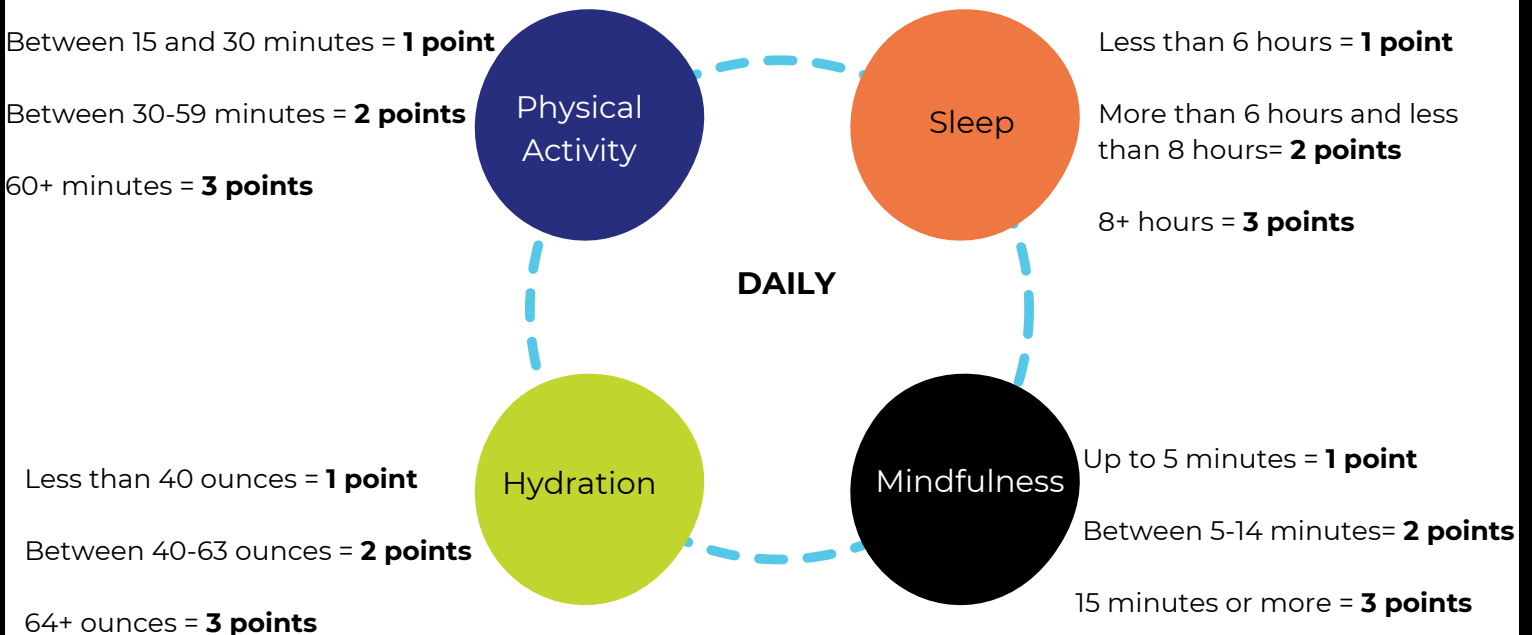
Choose 1 person to be team captain

Team captain registers team with:

- 1) Team Name
- 2) First & Last Names of ALL team members
- 3) Email Addresses for ALL team members

Then, on March 10th, **ALL** team members will use the provided link to join the team and challenge

HOW POINTS WILL BE AWARDED



WHAT IS PHYSICAL ACTIVITY?

Physical activity is any bodily movement that causes your body to burn more energy than if it were at rest.

This includes exercise, which is **planned physical activity**, but also things like walking to and from work, doing dishes by hand, vacuuming, stretching, and playing tag with your kids.

WHAT IS MINDFULNESS?

Mindfulness is any action that allows you to be and focus on the present moment, paying attention to feelings, emotions, and physical sensations. (Psychology Today). This includes things like deep breathing techniques, being in nature, praying, meditation, Tai Chi, Yoga, and others.

WHAT IS HYDRATION?

Hydration is the process of introducing fluids into your body, which are essential to bodily functions.

Most people think of water when it comes to hydration, which is great, but it also includes things like milk, 100% juice, herbal teas, carbonated water, and others. **It does NOT include coffee or soda/pop.**

WHAT IS SLEEP?

Sleep is a restorative process vital to health and wellbeing. For purposes of this challenge, naps and time in bed sleeping, or trying to sleep, are included.

****If you have any health conditions or take medications, please talk to your provider before signing up****



REGISTRATION INFORMATION

[Click here for **Individual** Registration,](#)
or scan this QR code



[Click here for **Team** Registration,](#) or
scan this QR code



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your provider before signing up****