

Exhibit 1

Wellness Dimensions

Below are activities that can be used to earn each puzzle piece. Each dimension has an “other” option so participants can modify the activities if needed.

#1 Physical

- Participate in a Walking Wednesday
- Attend a fitness class or workout
- While washing your hands sing “Happy Birthday” twice or count to 20
- Do a commercial break workout (e.g., planks, squats, jumps or other physical activity)
- Other

#2 Intellectual

- Try something new
- Have a brain break during a meeting
- Read a book that isn’t required reading
- Attend an exhibit, play, musical or other cultural event
- Work on a crossword or sudoku puzzle
- Play a board game
- Other

#3 Spiritual

- Actively practice gratitude (e.g., write down five things you are grateful for, write a handwritten thank-you note, etc.)
- Donate blood
- Recognize and thank someone for a job well done
- Volunteer
- Other

#4 Emotional

- Turn off electronics and connect face-to-face for one hour
- Volunteer
- Do a good deed (e.g., pay for someone’s coffee, help someone cross the street, refill the printer with paper, etc.)
- Practice self-affirmation (e.g., say three positive things about yourself)
- Donate blood
- Spend time with a friend
- Other

#5 Environmental

- Find ways to conserve energy (e.g., lower your household thermostat, switch to LED light bulbs)
- Ride your bike to work or while running an errand
- Carpool
- Recycle
- Buy from a farmer's market
- Other

#6 Social

- Volunteer
- Visit a club or organization you may be interested in joining
- Have lunch with someone new
- Call/visit a far-away friend or family member
- Other

#7 Occupational

- Attend a networking event or career fair
- Make time for your hobbies
- Learn a new skill or improve one you use on-the-job
- Participate in a training
- Interview or shadow someone who has a job you might like to do
- Other

#8 Financial

- Take a financial literacy quiz
- Prepare a budget
- Pick a "no-spending" day
- Find out your credit score
- Visit a financial/tax planner
- Other