

*Idea to increase participation in general: time is likely the largest barrier, especially for administration. Have committee try different wellness initiatives (drink more water, exercise, etc.) for 1 week and reflect on how they were able to make the time for it and then share that out. Could use Pete Morrell's model for tracking how time is used. Perhaps come up with a toolkit with ideas of how to make time for wellness.*

Committee member name:     **Mandy Hydock**    

What wellness initiative did you focus on fitting into your day?

**Running at least one mile every day from January 1-March 31.**

-Is this a new initiative you tried, or something you have worked on for a while?

**I found this idea in *Runner's World* right before Thanksgiving. The idea is to trigger motivation in the hardest part of the year (for me anyway) to stay active. The challenge was to run one mile every day from Thanksgiving until New Year's.**

What barriers did you anticipate?

**Getting up at 4:45 a.m. to fit the challenge into my schedule. It is so easy to hit the snooze button. Another anticipated barrier was weather conditions as I run outside.**

How were you able to overcome those barriers and/or what are you going to try differently next time?

- 1. Fear of failure of not meeting the goal motivated me to get out of bed!**
- 2. On the really cold and snowy days, I would run later in the day or go to the Fun Plex.**
- 3. My husband and I completed the challenge together to motivate each other.**

Advice for others trying to fit this healthy habit into their life?

- 1. Implement the activity at the beginning of the day so there are no scheduling issues.**
- 2. Bring a buddy along on the challenge so you cannot avoid the workout as easily.**