

Start the year positive with the January Primary Care Health and Wellbeing Challenge!

Each day throughout January from the 10th consists of a challenge/action staff should complete (see table below). You may want to add a competitive element, creating a leaderboard system, allowing staff to achieve a point for each challenge they complete. Or, feel free to keep it flexible. You may want swap challenges with your own ideas.

Please see the pages towards the bottom of this document for supporting resources for some challenges, or the BHAWA portal:

[Home : Better Health At Work Award](#)



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Weekly Bonus Challenges

January Primary Care Daily Health and Wellbeing Challenge

Consume no more than 14 units of alcohol this week!

Go to bed and wake up at the same time every day this week!

Try and hit 10,000 steps every this week!

10th Drink 6 – 8 glasses of water	11th Do 30 squats over the day	12th Try a healthy snack you haven't tried before	13th Write down 5 things you are grateful for	14th Invite a colleague for a walk on a break, or outside of work	15th + 16th (weekend challenge) Make a healthy pizza or 'fakeaway' recipe and share your pictures in the workplace
17th Write a positive comment about a colleague and share it	18th Pledge to try something new next month	19th Ensure you have booked some annual leave in the future for sufficient rest	20th Make a healthy swap in one of your meals (white rice for brown etc)	21st Don't use any electronic devices for at least an hour before bedtime	22nd + 23rd (weekend challenge) Walk, run, swim, or cycle 5k
24th Share a healthy recipe with a colleague or friend	25th Star jumps for 30 seconds	26th Make a healthy lunch to take to work	27th Take a short break from your screen in the morning and afternoon	28th Try a mindfulness exercise	29th + 30th (weekend challenge) Go on a walk and get a scenic picture, have a competition for the best picture between colleagues
31st Share a non-alcoholic mocktail recipe with a colleague or friend					



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Supporting Resources for Challenges



15th +
16th
Weekend
Support:

Make a
healthy
pizza!



HEALTHY PIZZA FACE CHALLENGE

[FOLLOW THE RECIPE ONLINE AT:](http://WWW.BBCGOODFOOD.COM/RECIPES/TORTILLA-PIZZA)

WWW.BBCGOODFOOD.COM/RECIPES/TORTILLA-PIZZA

Ingredients

- 4 tbsp passata
- 1 garlic clove, crushed
- ½ tbsp olive oil
- ½ tsp dried herbs (mixed herbs, basil or oregano work well)
- 2 plain tortillas
- 50g grated mozzarella
- 6-8 slices pepperoni
- 6-8 pickled jalapeño slices

NUTRITION: PER SERVING

**KCAL 266 FAT 14G SATURATES 6G CARBS 23G
SUGARS 3G FIBRE 2G PROTEIN 11G SALT 1.78G**

Method

Heat the oven to 220C/200C fan/gas 7.
Mix the passata, garlic, olive oil, herbs and season well.
Put the tortillas onto one large baking sheet, or two smaller ones. Spread over the tomato sauce leaving a 1cm border around the edges.
Get creative and make a fun face.
Scatter with the mozzarella, add the pepperoni and jalapeños.
Bake for 6-8 minutes until the edges of the tortillas are crisp and golden, and the cheese has melted and is bubbling.

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Please share your creations by emailing charlotte.wood60@nhs.net

Visit the Better Health at Work Award Website for further health and wellbeing information and resources:

WWW.BETTERHEALTHATWORKAWARD.ORG.UK



20th - Healthy Food Swaps Link:

[Healthy food swaps - NHS \(www.nhs.uk\)](#)

26th - Healthy Lunch Prep Ideas Link:

[Healthy packed lunches | British Dietetic Association \(BDA\)](#)

28th - Mindfulness Exercises Ideas Link:

[Mindfulness exercises and tips | Mind, the mental health charity - help for mental health problems](#)

31st - Non-Alcoholic Mocktail Recipes Link:

[Non-alcoholic drinks | BBC Good Food](#)