

Quarter 4 HIP Challenges: *September 25 – December 24*

➔ Blood Pressure

Track your blood pressure 1 time per week and earn up to 13 points!

➔ Stay Sane & Maintain

Track your weight at least 1 day per week and earn up to 13 points!

➔ Try a new HITT Workout OR track your Minutes of Exercise!

Complete a 20 minute HITT workout 3 times a week OR 60 minutes of other exercise to earn 1 point per week!

Walk on Wednesdays are back this fall! Grab a co-worker, take a work break, enjoy the weather and get outside and walk! Track the minutes you walk toward your goal of 60 minutes each week!

➔ Take a Break

Take a brain break every day during the work week and earn up to 13 points!

➔ Pay It Forward

Earn 1 point per week for paying it forward!

➔ Financial Quizzes

Earn 1 point this quarter for answering 3 out of 5 questions correctly!

➔ Non-University Wellness Seminars

Earn 25 points for Wellness Sponsored Seminars:

- Proper lifting techniques, [Register here](#), course code RMLIFT001
- Diabetes Prevention, on-site or webinar, [Register here](#), course code ADWELDIA101 or ADWELDIA101WEB
- Diabetes: Basics & Beyond, on-site or webinar, [Register here](#) course code ADWELDIA102 or ADWELDIA102WEB

To participate: log-in to your HIP account, www.totalwellbeing.az.gov and accept the NEW Challenges! Click on the title of each challenge to see specific details and tips.