

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
- Getting Ready to Buy a Home, on-site or webinar, [Register here](#), course code ADWELBUY or ADWELBUYWEB

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.