



Go Move Challenge 2021!

Help Creighton University compete against the other AJCU schools to achieve the most active minutes during the month of February. Last year we placed in the top 3 and we are looking to claim the top spot in 2021!

Register at <http://GoMoveChallenge.org>

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 The Go Move Challenge starts TODAY! Are you registered? Sign up here	2 Get moving this February. Join us for Wake-Up Workouts. Sign up today!	3 Move away from your desk every 30 minutes. Walk around and get circulating.	4 Thankful Thursday. Send a colleague an email thanking them for their help.	5 Wear Red Today <small>American Heart Association.</small> 	6 Offer to run errands for your neighbor or a colleague who needs extra help.
7 Roasted chickpeas and other healthy snack ideas. Find 21 easy recipes here.	8 Yoga stretches are good for you when you awake and at bedtime.	9 Take a moment for mindfulness today. Stop for 5 minutes and focus on your breath. 	10 For Valentine's Day, send someone a card. It's a great way to spread cheer!	11 Thankful Thursday. Write a list of 5 things for which you are grateful.	12 Don't forget to log your minutes for the Go Move Challenge!	13 Stroll along the streets of the Old Market & check out the holiday lights.
14  Happy Valentine's Day	15 Keep up the good work for Go Move. Keep moving & logging your minutes!	16 Lent begins tomorrow. Consider how you will make this season special.	17 ASH WEDNESDAY Learn how you can receive ashes safely this year. 	18 Thankful Thursday. Continue to pray for the dedication of the health care workers.	19 Meatless Friday! What is a favorite dish of yours? Consider trying a new recipe.	20  National Love Your Pet Day Take Fiddo for a walk or play with Kitty.
21 How is the semester going for you? Try to find a relaxing activity today.	22 Pay it forward. Buy the coffee for the person behind you in the drive-thru. 	23 Try a new workout today. Look at the Recreation & Wellness YouTube for inspiration.	24 We are nearing the end of the Go Move Challenge. Take time for extra movement today.	25 Thankful Thursday. Purchase extra groceries for your neighbors in need.	26 It may be cold outside. Take a break, bundle up and go for a quick walk! 	27 If the weather is good, go for a drive, check out the scenery, get out of the house.
28 Today is the last day to log your minutes for the Go Move Challenge!	<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p><i>We believe in the Jesuit value of cura personalis: care of the whole person.</i></p> </div> <div style="border: 1px solid #ccc; padding: 5px; background-color: #e0f2f1;"> <p>Stay in the know! Join the cu_wellness@creighton.edu list serve and/or like our Creighton Employee Wellness Facebook page </p> </div> </div>					