

Week 6 (June 4th - June 10th): Meditation

Challenge: Meditation

Your challenge this week is to meditate for 5 of the 7 days of the week for at least 5 minutes. Whether that means you download an app, turn on soothing music or imagery, or even get outdoors. Take this time to try and clear your mind, focusing only on your breath. Complete this to earn your Meditation Badge.

The benefits of meditation are many, including physical and mental health, relaxation, improved relaxation and mental ability, and happiness.

The goal is to log 50 000 Beat points per week (10 000 steps or points/day). It's a good idea to record your mileage daily even if you choose not to exercise. Daily journaling encourages you to reflect your progress and be mindful when you detour from your goal.

You will receive your Week 6 badge once you reach the 50 000 points mark for this week.

Bonus Badge: Eat Your Veggies! This week, incorporate fruit or veggies into every meal to earn a bonus badge!

Bonus Badge: Lunch & Learn! Attend our Wellness Lunch & Learn about Meditation on Tuesday, June 5th to earn this bonus badge!