

## Wellness Ideas: Physical Personal

- Plant a vegetable garden (or even a small kitchen herb garden)
- Get a massage
- Find out if your institution has free access to an indoor pool
- Start a Couch to 5K running program
- Install the 7 Minute workout app on your phone, do it on a computer break.
- Investigate ergonomics at home and work
- Get a FitBit
- Visit a nutritionist
- Take riding lessons
- Cut out all soda (including diet!)
- Stretch for 15 minutes twice a day