

## HCBA AND HAWL YLD Health and Wellness Challenge

May is The Florida Bar and YLD Health and Wellness Month. Now – more than ever – focusing on health and wellness is essential. With many of us continuing to adapt to working at home or readjusting to being back in the office, taking care of loved ones, and coping with continued uncertainty, it is easy to allow our own personal health and wellbeing to be forgotten. We hope the HCBA and HAWL YLD Health and Wellness Challenge will motivate and inspire the HCBA and HAWL YLD members to prioritize their health and wellness and establish healthy habits as we continue to adapt to our everyday challenges.

HCBA and HAWL YLD encourage all members to participate in the annual Health and Wellness Bingo Challenge to be held from **May 1 to May 31, 2021** in connection with The Florida Bar YLD 2020 Affiliate Health and Wellness Olympics and overall health initiative. Challenge participants will strive to complete the health and wellness tasks in the bingo squares, and for each completed “bingo”, participants should send a picture of their Bingo Card to [HCBAYLDWellness@gmail.com](mailto:HCBAYLDWellness@gmail.com). Each completed “bingo” will enter the participant into a raffle. Participants are also encouraged to post pictures on social media completing each challenge or with the bingo card and include the hashtags #StigmaFreeYLD, #HillsboroughYLD, #FlaYLD, and #YLDMotionGranted. All submissions of completed bingo entries are due via email by **Friday, June 4**.

While the Challenge takes place during the month of May, the HCBA and HAWL YLD encourages members to make their health and wellness a priority throughout the year, so encourage your colleagues to complete the HCBA and HAWL YLD Health and Wellness Challenge bingo card! You can also check out The Florida Bar YLD’s Health and Wellness page for more tips and resources.

This Challenge is made possible by the Florida Bar YLD’s grant and GrayRobinson’s sponsorship. The HCBA and HAWL YLD are appreciative for their support in promoting health and wellness in our local legal community.

# HCBA & HAWL YLD Health and Wellness Challenge



May 1, 2021 – May 31, 2021

Name: \_\_\_\_\_

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Take a 10 minute walking conference call (1 Olympics Point)	Donate to a local non-profit	Do 50 squats and challenge another YLD member to do the same on social media	Go on a 20 minute bike ride or indoor cycling class (1 Olympics Point)	Clean out your pantry and/or closet and donate unwanted items
Go one week without alcohol and try a mocktail! (10 Olympics Points)	Do a 30 minute virtual workout or yoga class (2 Olympics Points)	Send a handwritten note	Start the book you have neglected (Use that library card!)	Try a new healthy recipe and share it with another YLD member (1 Olympics Point)
Post a wellness tip on the Facebook page and try a tip posted by another member	Jump rope for 5 minutes	Join YLD's Wellness Facebook group <a href="https://www.facebook.com/groups/hcbayldwellness/">https://www.facebook.com/groups/hcbayldwellness/</a>	Practice 10 minutes of mindful meditation (1 Olympics Point)	Complete a workout with no equipment (body weight only)
Call a friend or family member while taking a walk	Go a week without refined sugar (5 Olympics Points)	Stretch for 10 minutes	Get 7 hours of rest (3 Olympics Points)	Share 5 things you are grateful for with someone
Practice 10 minutes of deep breathing (1 Olympics Point)	Join fellow young lawyers at a HCBA/HAWL Wellness Event	Drink 8 glasses of water per day for one week	Avoid screen time 1 hour before bed for a week and use that time to check-in with yourself	Have a 30 minute dance party with yourself or another member (2 Olympics Points)

## Rules:

- ❖ While completing this Bingo Challenge, you can also work on gaining points for the Florida Bar YLD Health and Wellness Olympics. For more information, visit <https://flayld.org/health-wellness/health-and-wellness-olympics-rules-and-points/>.
- ❖ Send a picture of your Bingo Card to [HCBAYLDWellness@gmail.com](mailto:HCBAYLDWellness@gmail.com) of each completed "bingo." Each "bingo" enters you into a raffle. Bonus entry if you participate in the Florida Bar YLD Health and Wellness Olympics!
- ❖ Throughout the Challenge, post pictures of yourself completing the squares or with the Bingo Card on social media with the hashtags #StigmaFreeYLD, #FlaYLD, #HCBAYLD, and #YLDMotionGranted (1 Olympics Point)!
- ❖ All submissions due by June 4, 2021.