

YMCA CHALLENGE

JUNE 1-22

TUE

1 

Promote your Challenge on your social media

WED

2 

Work standing up for one hour

THU

3 

Only print the essential

FRI

4 

Organize a virtual team lunch

SAT

5 

Support local businesses

SUN

6 

Kick your day off by dancing to a motivational song

MON

7 

Start a meeting with a meditation
facebook.com/groups/defiyymca2021

8 

Treat your employees to healthy snacks (individually wrapped)

9 

Create a policy to promote employee volunteering

10 

Take a yoga break
facebook.com/groups/defiyymca2021

11 

Share resources on how to manage anxiety and stress with your team
adaa.org/tips

12 

Get to know yourself better with the Meyers-Briggs personality test
www.16personalities.com/

13 

Organize a volunteer team-building activity

14 

Send congratulatory messages to the graduating class of the school in your area

15 

Start a composting program at work

16 

Free webinar: "Boost vitaminé pour une journée active"
www.inf-ra.org/formations-programme-pacte

17 

Turn meetings into walking meetings

18 

Organize a food drive to support your local food bank

19 

Adopt a "right to disconnect" policy

20 

Take the "Feel Better Test" to assess your morale and energy
testquifaitdubien-stm.illuxi.com/

21 

Take an active break

22 

Declare meeting-free time

23

Congratulations!

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defiyymca.org

