

Hike the Hill Challenge

Employee Wellness as a Community Spring Challenge - 2024

April 15 - May 3, 2024

The Challenge: Practice outdoor mindfulness while completing the exercise challenges each week for three weeks and find an accountability partner that can complete the challenge with you or check-in with you throughout the challenge. [Print pages 2-3 back to back and track your progress for the next three weeks.](#)

End Goal: Be able to Hike the Hill (walk or run) by week 3 confidently. Start at the bottom of Ring Road and hike up to Old Main, or go as far down College Ave as you'd like for a starting point. Adjust this goal to fit your physical and mental comfort.

The Why: Mindful outdoor interval training is a fun and effective way to improve your physical and mental health, while connecting with nature. The combination of mindfulness and exercise leads to a great increase in overall fitness levels, reduced stress levels, and greater well-being. Outdoor workouts can provide a change of scenery and a break from the monotony of indoor exercise. Enjoy our beautiful campus and push yourself to hike the hill!

Here are a few tips and suggestions:

- Don't have a smartwatch or fitbit? Download a free Pedometer app on your phone to track your steps.
- It's important to listen to your body and not push yourself too hard when starting a new interval training routine. Be mindful of any pain or discomfort and adjust your routine accordingly.
- Finding a workout buddy can help with holding each other accountable; have them sign on the line above.
- Nature is an essential tool to use in your mindful interval training routine. Use landmarks on campus to mark the start of each interval or to measure your progress. Focus on the beauty of the natural environment and use it to motivate yourself to push harder and achieve your fitness goals.
- Practicing mindful outdoor interval training can be challenging and requires motivation and discipline. Incorporating mindfulness into your workout routine can increase your focus, motivation, and overall sense of well-being. So give it a try and we hope you see great results!

Collect your Prize: Turn in your completed form at the WaaC table outside the cafeteria on **Friday, May 3 between 12pm-1pm or Monday, May 6 between 11:30am-1:30pm.** Participants who complete the challenge will be able to choose from a Minnesota State Park Pass or a Minnesota Fishing License.

Questions? Contact: g-waac@gustavus.edu

Hike the Hill Challenge - 2024

Your Name: _____ Accountability Partner (*Signature*): _____

Week 1: Complete the 3 workouts below. Cross them out as you complete them. Modify as needed. The goal is to increase your steps and distance covered within a 20 minute workout by the 3rd workout.

Workout 1

- Pick a starting point on campus and briskly walk or run for 20 minutes; Record your steps & distance _____
- Be aware of your surroundings, the smells, the sensation of the wind or sun on your skin, the sound all around you
- Complete a cool-down stretch

Workout 2

- Start at the same spot and briskly walk or run for 20 minutes; Record your steps & distance _____
- Focus on one sensation: a smell, a visual, or a feeling
- Complete a cool-down stretch

Workout 3

- Start at the same spot and briskly walk or run for 20 minutes; Record your steps & distance _____
- Limit distractions. Focus on your breathing and the outdoor air
- Complete a cool-down stretch

Week 1 Reflections:

- Did you increase your steps and distance covered by the 3rd workout? _____
- Were you more aware of your surroundings? _____

Week 2: Complete the 3 workouts below. Modify as needed. The goal is to increase your steps and distance covered within a 25 minute workout by the 3rd workout.

Workout 1

- Pick a starting point on campus and briskly walk or run for 25 minutes; Record your steps & distance _____
- Practice gratitude. Before starting your workout, take a moment to think about the things you are grateful for. This will help you feel more positive and motivated during your workout.
- Complete a cool-down stretch

Workout 2

- Start at the same spot and briskly walk or run for 25 minutes; Record your steps & distance _____
- Practice gratitude. What are you grateful for today?
- Complete a cool-down stretch

Hike the Hill Challenge - 2024

Workout 3

- Start at the same spot and briskly walk or run for 25 minutes; Record your steps & distance _____
- Practice Gratitude. During your workout, reflect on the aspects of your outdoor experience that you are grateful for.
- Complete a cool-down stretch

Week 2 Reflections:

- Did you increase your steps and distance covered by the 3rd workout? _____
- Did you feel more motivated and positive during your workouts? _____

Week 3: Complete the 3 workouts below. Modify as needed. The goal is to increase your steps and distance covered within a 25 minute workout by the 3rd workout.

Workout 1

- Start at the bottom of Ring Road and hike up the hill, then complete the remainder of your walk/run for a total 30 min; Record your steps & distance _____
- Another way to incorporate mindfulness into your workout is to focus on your form. Pay attention to how your body moves during each exercise. This will help you perform the exercise correctly and avoid injury. It will also help you stay present in the moment and focus on the task at hand.
- Complete a cool-down stretch

Workout 2

- Start at the bottom of Ring Road and hike up the hill, then complete the remainder of your walk/run for a total 30 min; Record your steps & distance _____
- Leading up to and during your workout, practice “I can” and “I will” statements, such as “I can hike the hill”
- Complete a cool-down stretch

Workout 3

- Start at the bottom of Ring Road and hike up the hill, then complete the remainder of your walk/run for a total 30 min; Record your steps & distance _____
- Focus on your form, pay attention to how your body moves as you workout, and practice your “I can” and “I will” statements.
- Complete a cool-down stretch

Week 3 Reflections:

- Did you increase your steps and distance covered by the 3rd workout? _____
- Were you mindful of your form? _____
- Were your “I can” and “I will” statements helpful? _____

Utilize campus resources for wellness purposes- we challenge you to successfully check off one of these items:

- Create a high lean protein meal + fruits and vegetables at the Caf
- Visit the STEAMery for a fresh salad or smoothie
- Use the sauna, the hot tub, the weightroom, or an HES 1:1 personal training assessment
- Attend a free employee workout class offered by WaaC