



RECHARGE Wellness Program



Why - Wellness is an active, lifelong process of becoming aware of your choices and making decisions that will help you live a more balanced and fulfilling life. It's comprised of 7 dimensions: Spiritual, Physical, Emotional, Vocational, Intellectual, Environmental, and Social. Our RECHARGE Wellness Program uses these 7 dimensions of wellness and goes beyond general health. It encompasses a positive outlook on your mind, body, and spirit.

Who - **RECHARGE is for EVERYONE!** If you are feeling stressed, overwhelmed, or just slightly off, RECHARGE will help you assess your wellness and reconnect to yourself. Wellness is an ongoing process and RECHARGE will be beneficial to get you back on track and keep you on track after the 7-weeks. Sometimes we feel great, but may still be neglecting an important part of ourselves. If any area of wellness is neglected too long it can have a negative effect on your overall wellness.

What - Each week we will focus on 1 dimension of wellness. We will give you some tips on how to improve that area of wellness and you will have 3 RECHARGERS each week to help you take small steps towards improving that area of wellness. Journaling will also be a beneficial part of this program. Here are 5 Good-For-You Virtues of Journaling: Reduces Stress, Improves Immune Function, Keeps Memory Sharp, Boosts Mood, and Strengths Emotional Function.

Schedule:

- **Monday** – Receive an email with information about that week's dimension and the 3 RECHARGERS for the week.
- **Tuesday** – “Tuesday Talk”: We have partnered with local professionals who are experts in each dimension and they will be providing further information on each dimension of wellness.
- **Thursday** – “Motivational Moments”: Because we feel connecting with others on this journey is important, we have encouraged our entire Y staff team to participate in RECHARGE. Y Directors will be providing a testimonial as to how that week and how RECHARGE is going for them.

Your Part:

- **RECHARGERS** – take the time each week to really focus on the tasks we offer you. The more you put into RECHARGE, the more you will get out of RECHARGE. Complete the RECHARGERS, have some fun, and learn more about yourself. These RECHARGERS play a vital part of maintaining good health and a vibrant life. They will help incorporate behaviors to help you to be refreshed, replenish your personal motivation, and grow as a person.
- **Journaling** – everyone who signs up for RECHARGE will receive a journal for use during the program. We encourage you to journal throughout the 7 weeks to process how things are going. If journaling is not normally your thing, we will be providing 'TIPS on Journaling' to get more ideas.
- **RECHARGE Recap**– each week send us how the week went. We know RECHARGE can be very personal to people so we want to leave it very open on what you send us. A RECHARGE Recap could consist of a simple picture of you doing a RECHARGER, a 1 word answer to how the week went, or if you would like you can send a more in-depth testimonial. No matter what you are comfortable sharing, turning in your RECHARGE Recap by Sunday will get you entered in to win a weekly prize. If you send in all 7-weeks' RECHARGE Recaps, you will be entered into the drawing to receive a 1-Year Family Membership to the Y.

Where –RECHARGE can all be done in the comfort of your home, at the YMCA, or wherever the week takes you. There is a RECHARGE Facebook Group, called “RECHARGE of the Northwoods” and we encourage all participants to join. This will be a place to support, share stories of success and struggles, as well as encourage each other.

When – RECHARGE runs from February 1 – March 21, 2021.

How to sign up – Registration is \$10.00 and is open for members and the community now through January 27th. Visit our website at www.ymcaofthenorthwoods.org, call us at 715-362-9622, or stop by the Y's Welcome Center.

LET'S GET RECHARGED TOGETHER!!