

March Gladness

Play begins (March 4 -10)

Participate in March Gladness!

A wellness take on the March Madness bracket, this activity is an opportunity to get GLAD, be thankful, and be as healthy and happy as possible.

How to Participate: Complete well-being activities and enter to win an Amazon gift card! Starting **Monday, March 4**, go to the date listed on the bracket and complete one of the two activities. Continue this through **Sunday, March 10**. You choose the activities to complete that day.

Make it to the finals by submitting your completed form via email or text to your WebMD Coordinator by **Monday, March 11th** to be entered in the Amazon gift card raffle.

Name: _____

Email/Phone: _____

Submit to your WebMD Coordinator, Angie Moreno:

Email: angela.moreno@consultant.volvo.com

Text: (336) 609- 2374

Disclaimer: This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.

Hard copies of this form are available for print on the HR kiosks

Start your day
with a positive thought

March 4

Catch up with a friend

Stretch for 5 minutes

Eat a healthy meal

March 5

No devices at mealtime

No social media
after 6 PM

Take 10 minutes of quiet time

March 6

Perform a kind act

Spark your creativity
(Ex.: Draw, write, cook)

Organize something
(Ex: a drawer, desk, or room)

March 7

Go for a brisk walk

March 8

Perform physical activity
that brings you joy

Pick any 3 activities on the left

March 10

Pick any 3 activities on the left

GREAT JOB!

