

2022 Healthy Active Challenge

Calendar Description List

1. Brevada Meet and Greet; January 31st; 7am-8:15am

A welcoming breakfast for all who are involved in the 2022 Healthy Active Challenge. Brevada will be debuting their Healthy Breakfast Menu and we will get to try an item from it. The ISHC is buying you – One item from the Healthy Breakfast menu (gluten free options available) and a regular sized coffee or tea of choice. Attend and get 5 points.

2. Why All Veggie? January 31st; 3pm Via Zoom <https://oregontechishc.zoom.us/j/99404889206>

Using the works of Dr. Traci Mann, a weight loss expert who runs a Health and Eating Lab at the University of Minnesota, we will take a look at weight loss during this talk. Recently her work was featured on **Google Talks** and we will see portions of her talks; “It's Not About Willpower - Why Diets Don't Work and What to Do Instead” as well as snippets from “Eating Lab: The Science of Weight Loss” Attend and get 5 points.

3. Join the Sustainability Committee for a guided walk on the Oregon Tech Nature Trail on Wednesday, Feb 2nd at 3pm. Participants will meet at the fountain between 2:45-3pm.

4. Ranger Talks; Feb 3, 10 & 17

Learn more about our US National Parks System during ranger talks. Living in Klamath County we have the advantage of having a national park, a national monument, and a national recreation area all within driving distance. Learn what features/opportunities each system has from actual Interpretative Rangers who work within the park. This eclectic collection of parks offers opportunities such as spelunking, gold panning, snowboarding and paddle boarding and a whole lot more. Ask question and get information during Ranger Talks – each talk worth 5 points

Park	Date	Time	Zoom Invite Link
Whiskeytown National Recreation Area	Feb 3rd	1:30	https://oregontechishc.zoom.us/j/97192054989
Lava Bed National Monument	Feb 10th	2pm	https://oregontechishc.zoom.us/j/95313649512
Crater Lake National Park	Feb 17th	2pm	https://oregontechishc.zoom.us/j/93035305746

5. Tuesday's Bonus Days' – Creating a Kinder World

Each Tuesday during the term we are going to explore different virtues which includes being thankful, complimentary, helpful, and grateful. Refer to the 2022 Healthy Active Calendar for specifics. Points are listed in the calendar.

6. Bonus Exercise Classes

Here is the opportunity to try different forms of exercise. Everything from Office Chair Yoga to Beginning Spin Classes there is something for everyone to try. These are scattered randomly throughout the challenge so please refer to the calendar. Bonus Classes are worth 5 points.

7. College Cooking Classes Zoom Link Here: <https://oregontechishc.zoom.us/j/99404889206>

Mostly on Mondays (with the exception of week#1) we will teach you basic recipes which are intended to help you consume more of the Bonus Vegetables. On Friday, February 4, John Scott (LPC at the ISHC) will take you through some southern delights include cooking Collard Green. During week #2, I will be showing you how to make wonderful tasting smoothie with Squash – yes Squash. On the third week I will roast a chicken in a bed of root veggies. And finally, for the fourth week I will show to how to make my fast favorite- Impossible Meat Taco. Impossible Meat it an all-vegan source of protein. Attend these College Cooking classes and earn 5 points.

8. CREATE, CLEAN, DANCE SING

Done mostly on the weekends (except for the Jerusalem Dance Challenge; see list below for details) we are challenging ourselves to be more creative and expressive.

- a. During the first weekend we will CREATE something NEW; it could be a craft, or it could be a very simple meal, but you just need to create something with your own two hands. You could even color your own Valentine Cards (“Palentines” and “Galentine” cards also available) from the website. Five points for creating something over that weekend.
- b. During the second weekend we will clean something that you have been meaning to clean for a while. It might be something as simple as a “junk drawer” or it might be your entire garage. This would be the opportunity for Res Hall living college students to “clean their bedding” simply changing your sheets to clean sheets will get you points on this weekend.
- c. During the third week, those who wish to have 5 additional points, can join myself and Carl Thomas for the Jerusalem Dance. This challenge went viral in 2021 and we will jump on the challenge. The Jerusalem Dance Challenge is a very simple line-dance, and we will do this on Wednesday, Feb 16th in the CU (Mt. Mazama). There are two opportunities for points; one at 12pm and the other at 3pm. Here are some samples.
 - Jerusalema Challenge by Children’s Cancer Center (Barncancercentrum) Gothenburg Sweden proving that people in the medical field can dance this dance
<https://www.youtube.com/watch?v=gGQ73MggtvA>
 - Gardaí (Irish Police) across Ireland dancing on Jerusalema
https://www.youtube.com/watch?v=yj23_Z6UEck&t=31s
They even got their mounted police with horses to do this!!
 - ND Engineering - Jerusalema Challenge Accepted!
<https://www.youtube.com/watch?v=4iH-A-JjebI> proving that a bunch of engineers can do this dance!!!
 - My Personal Favorite – watch as Wild is Life and African Care Park/ Safari Park for indigenous animals <https://www.youtube.com/watch?v=-VDZ8yxxssY> Watch as an elephant “gets down” to this tune!

Come and dance – don’t worry we will teach you!! Teaching sessions will occur at both 12pm and 3pm.

- d. Finally, we will participate in the international viral phenomenon that is the Sea Shanty viral Tik Tok Video. (Yes, the sea shanty). In early 2020 Nathan Evans uploaded himself to Tik Tok singing a Sea Shanty. Other people soon layered onto his video and these were just a few of the results.
 - <https://www.youtube.com/watch?v=TjVDmMI4sbk>

Let’s get swept up In the Sea Shanty craze!! Up-load your own version of a Sea Shanty. You can make up your own words, add your own effects, or just sing a Sea Shanty with a group of friends/students. Record it in Zoom or MS TEAMS and upload it here. Or send us a You Tube or Tik Tok link. It doesn’t have to be perfect, but it should look like fun! **Seven Points for doing this!!**

9. Walk, Bike & Ride to work Feb 25 A Sustainability Event..... **Ten points for attending this event.**