



WELLPATH

CENTERED ON HEALTHY LIVING

SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY



IT'S THE **HEALTHY BACK CHALLENGE (HBC)**

8-WEEKS TO A BETTER BACK.

HERE'S A CHALLENGE FOR ANYONE WITH A SPINE. THINK ABOUT IT: WHAT DO YOU DO THAT DOESN'T INVOLVE YOUR BACK? EVEN SITTING, STANDING MUCH LESS YOUR DAILY ACTIVITIES REQUIRES YOU USE YOUR BACK. NO WONDER 80% OF ADULTS WILL HAVE BACK PAIN, IN FACT 1 IN 4 ADULTS HAVE SUFFERED FROM BACK PAIN THE PAST 3-MONTHS. IF YOU HAVE A HEALTHY BACK, GOD BLESS YOU. THE HEALTHY BACK CHALLENGE (HBC) WILL HELP YOU KEEP YOUR BACK HEALTHY. IF YOU HAVE HAD CHRONIC LOW BACK PAIN THE HEALTHY BACK CHALLENGE CAN HELP YOU FIND AN INDIVIDUALIZED PLAN TO MINIMIZE FUTURE DISCOMFORT. THE HBC STARTS MONDAY, AUGUST 13TH AND RUNS THROUGH OCTOBER 5TH, 2018. YOU CAN FIND MORE DETAILED INFORMATION ABOUT EACH WEEK'S ACTIVITIES AT WWW.WELLPATH.INFO/CHALLENGES, BUT THIS CALENDAR WILL HELP YOU PLAN AND KEEP A BIRD'S EYE VIEW OF THE ACTIVITIES SO YOU CAN STAY ON TRACK DURING THE HBC AND EARN 50 WELLPATH POINTS.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|--|---|
| 8/6/2018. REGISTRATION OPENS | 8/7/2018. | 8/8/2018. | 8/9/2018. | 8/10/2018 | 8/11/2018. | 8/12/2018. |
| | https://www.surveymonkey.com/r/WellPathsHBC | | | | | |
| 8/13/2018. WEEK ONE: PREVENTION VS. TREATMENT INTRO LUNCH & LEARN ONLINE: 11 AM & 12 PM. | 8/14/2018. COMPLETE THE HBC PRE-TEST (LINK COMING) HBC ASSESSMENTS TWO WATERS A109 11AM – 1 PM | 8/15/2018. HBC ASSESSMENTS TWO WATERS B102 11AM – 1 PM | 8/16/2018. INTRO LUNCH & LEARN REPEATED ONLINE & IN- PERSON IN TWO WATERS A109 @ 12 PM. | 8/17/2018. HBC ASSESSMENTS TWO WATERS A109 11AM – 1 PM | 8/18/2018. COMPLETE THE QUIZ: PREVENTION VS. TREATMENT THIS WEEK. | 8/19/2018. WEEK ONE: PREVENTION VS. TREATMENT IS COMPLETE |
| 8/20/2018. WEEK TWO: PREVENTIVE EXERCISE PLAN. | 8/21/2018. JOINTSTRONG™ ASSESSMENTS TWO WATERS B106 10:30AM – 1 PM. | 8/22/2018. JOINTSTRONG™ ASSESSMENTS TWO WATERS A109 10:30AM – 1 PM. | 8/23/2018. LUNCH & LEARN: IMC'S JOINTSTRONG™: PREVENTION VS. TREATMENT TWO WATERS A109 & ONLINE 11 AM. | 8/24/2018. BUILDING AN INDIVIDUALIZED EXERCISE PLAN ACTIVITY | 8/25/2018. COMPLETE THE QUIZ: <i>LIVING IN A FLEXION WORLD</i> THIS WEEK. | 8/26/2018. WEEK TWO: PREVENTIVE EXERCISE PLAN IS COMPLETE |
| 8/27/2018. WEEK THREE: LIFTING TECHNIQUES. | 8/28/2018. LIFTING TECHNIQUES & LEVER LAB: TWO WATERS A109 10:30 AM – 1:30 PM | 8/29/2018. LIFTING TECHNIQUES & LEVER LAB: TWO WATERS A109 10:30 AM – 1:30 PM | 8/30/2018. ANATOMY OF THE SPINE ACTIVITY | 8/31/2018. LUNCH & LEARN: LIFTING, PULLING & LEVERS. TWO WATERS B106 & ONLINE, 10:30 – 11:30 AM | 9/1/2018. TWO QUIZZES: 1) LIFTING TECHNIQUES, 2) POSTURE | 9/2/2018. WEEK THREE: LIFTING TECHNIQUES IS COMPLETE |



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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|--|---|--|
| 9/3/2018. WEEK FOUR: POSTURE | 9/4/2018. POSTURE ASSESSMENTS 11:30 – 1:30PM TWO WATERS A109 | 9/5/2018. POSTURE ASSESSMENTS 10:00 – 1:00PM TWO WATERS B205 | 9/6/2018. LUNCH & LEARN: POSTURE, THE HIP-FLEXION WORLD & PELVIC TILT, TWO WATERS A 109 & ONLINE, 10:30AM | 9/7/2018 ACTIVITY: POSTURE, HIP FLEXION, LEVERS AND PELVIC TILT | 9/8/2018. COMPLETE THE QUIZ: ERGONOMICS | 9/9/2018. WEEK FOUR: POSTURE IS COMPLETE |
| 9/10/2018. WEEK FIVE: ERGONOMICS | 9/11/2018. ERGONOMIC ASSESSMENTS | 9/12/2018. ERGONOMIC ASSESSMENTS LUNCH & LEARN: ERGONOMICS & ASSESSMENTS TWO WATERS A109 & ONLINE 11AM. | 9/13/2018. ERGONOMIC ASSESSMENTS | 9/14/2018. ARTICLE: ERGONOMICS | 8/18/2018. COMPLETE THE QUIZ: SELF- MANAGEMENT | 8/19/2018. WEEK FIVE: ERGONOMICS IS COMPLETE |
| 9/17/2018. WEEK SIX: SELF- MANAGEMENT | 9/18/2018. LUNCH & LEARN: A HEALTHY BACK IS JUST ONE OF THE BENEFITS, TWO WATERS B106 & ONLINE, 11AM | 9/19/2018. ACTIVITY: SELF- LIMITING ARTICLE | 9/20/2018. ACTIVITY: DECISION TREES | 9/21/2018. | 9/22/2018. COMPLETE THE QUIZ: BENEFITS FOR YOUR BACK | 8/26/2018. WEEK SIX: SELF- MANAGEMENT IS COMPLETE |
| 9/24/2018. WEEK SEVEN: BODY COMPOSITION | 9/25/2018. BODY COMPOSITION ASSESSMENTS TWO WATERS A109 T-TH | 9/26/2018. LUNCH & LEARN: THE STRAW THAT BROKE THE CAMEL'S BACK, TWO WATERS B106 & ONLINE, 12:30PM | 9/27/2018. BODY COMPOSITION ASSESSMENTS TWO WATERS A109 <div></div> | 9/28/2018. ACTIVITY: TECHNOLOGY, MEAL PLANNING & REDUCED ENERGY EXPENDITURE <div></div> NATIVE AMERICAN DAY | 9/29/2018. COMPLETE THE QUIZ: BODY COMPOSITION <div></div> | 9/30/2018. WEEK SEVEN: BODY COMPOSITION IS COMPLETE |
| 10/1/2018. WEEK EIGHT: YOUR HEALTHY BACK PLAN | 10/2/2018. | 10/3/2018. LUNCH & LEARN: YOUR HEALTHY BACK PLAN, TWO WATERS B106 & ONLINE, 12PM | 10/4/2018. ACTIVITY: WRITE OUT YOUR PLAN | 10/5/2018. ACTIVITY: CALENDAR: SCHEDULE YOUR PLAN | 10/6/2018. COMPLETE THE QUIZ: PLANNING, GOAL SETTING, AND CLBP | 9/30/2018. WEEK EIGHT: YOUR HEALTHY BACK PLAN IS COMPLETE HBC COMPLETE! |