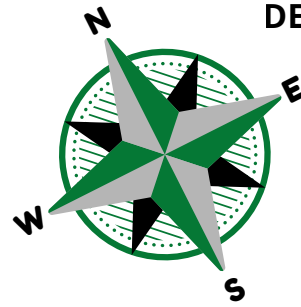


# District Wellness Challenge

## FEBRUARY 2026

### Heart Healthy Habits



DERBY PUBLIC SCHOOLS

2025-26

Wellness  
Compass



Pick the challenge that fits you best – but remember, this is meant to be a challenge, so choose something you don't normally do.

Our Wellness Challenges are designed to help us build healthy habits that can improve our daily lives.

It takes 18-21 days to form a habit, so stick with it!

Please remember to keep track of the days or activities you complete throughout the month as documentation for this wellness challenge. A simple checklist, calendar, or notes on your phone works perfectly—just something that shows your participation. You'll use this as your proof of completion when submitting this month's challenge.



#### OPTION 01

##### STRESS LESS

Managing stress plays an important role in overall heart health. This challenge encourages you to take 5 minutes each day to practice stress-reducing activities such as deep breathing, mindfulness, stretching, gratitude, or quiet reflection. Making time to pause and reset can help lower stress levels, improve focus, and support emotional well-being throughout February.

#### OPTION 02

##### 20-MIN HEART PUMP

Regular physical activity is one of the most effective ways to support heart health. For this challenge, you are encouraged to engage in at least 20 minutes of heart-raising movement each day, such as walking, dancing, biking, or any activity you enjoy. Even short bouts of movement can boost energy, improve circulation, and strengthen the heart over time.

