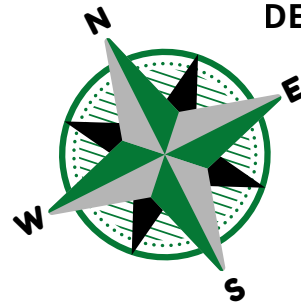


District Wellness Challenge

MAY 2026



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

SUNSHINE & FRESH AIR

Spending time outdoors can have a positive impact on both mental and emotional well-being. This challenge encourages you to take 5-10 minutes each day to step outside and enjoy fresh air and natural light, whether it's during a break, lunch, or after the workday. These brief outdoor moments can help reduce stress, improve mood, and provide a refreshing reset during busy days. Small breaks in the sunshine can make a big difference.

OPTION 02

BIKE MONTH

Biking is a fun and effective way to support physical health while enjoying the outdoors. During Bike Month, you are encouraged to ride a bike whenever possible—whether it's for exercise, transportation, or recreation. Biking can help improve cardiovascular health, build strength, and boost energy levels. No matter the distance or pace, every ride counts, so grab a helmet and enjoy moving more this May.

