

Spring-into-Wellness Challenge 2026

UPEI Staff
and Faculty

How to Register :

[JOIN HERE](#)

May 25 – June 21, 2026



How does the Spring-into-Wellness Challenge work?

Each week, registered participants are sent a weekly form outlining the associated wellness activities for the week under the daily theme. Participants are encouraged to complete at least one activity per day related to the themes of wellness for that day. At the end of the week, participants must submit their completed wellness activities form that outlines the activities they did that correlate with the themes of Mindful Mondays, Tasty Tuesdays, Wellness Wednesdays, Thoughtful Thursdays, and Fitness Fridays and submits by noontime the following Monday.

Those participants that submit their weekly form will be entered into a weekly drawing of a gift bag valued at over \$50. Those participants that submit all four weekly prizes will be entered into the Grand Prize Draw: Mysa Nordic Spa and Resort Package (one-night accommodation and 2 Thermal Spa passes) or a Mill River Resort Golf package (one night for two, two golf rounds). Winner's choice. Value approx. \$500. Note: some stipulations apply to both packages, i.e. dates, availability, etc.

Below are the weeks, and deadlines for form submission,

Week 1: May 25 – May 31

Form submission deadline – Noon June 1

Week 2: June 1 – June 7

Form submission deadline – Noon June 8

Week 3: June 8 – June 14

Form submission deadline – Noon June 15

Week 4: June 15 – June 21

Form submission deadline – Noon June 22

Frequently Asked Question

1. Do I have to do only Mindful activities on Monday? No. The themes are just ideas and can be done any day of the week. Focus on the activity and theme, not the day of the week.
2. Do I have to do the activities listed? No, you can enter things you've done under 'other'.
3. If I win a weekly prize, am I still eligible for the Grand Prize and other weekly prizes? Yes, provided you enter your forms every week.
4. Is there a registration deadline? No, you can register at any time. However, your forms for the week are due each week.
5. How am I eligible for the Grand Prize? To have your name in the Grand Prize Draw you must enter your form each week.

Wellness Activities

Each week, challenge participants will have the option to participate in group events or activities to enhance wellness on campus. (Note: space may be limited with some activities).

Group activities or events: These are for UPEI staff and faculty, and participants do not have to be registered in the challenge to participate in any of these activities listed below. However, you must be registered in the Spring into Wellness Challenge to be eligible for the prize draws listed on prior page.

Coffee Break and Wellness Check: Take a moment for yourself to visit a couple of wellness booths and enjoy a coffee break with colleagues. Wednesday, May 27 10:00 am – 1:00 pm at McMillan Hall, W.A. Murphy Student Centre. Coffee, tea and snacks provided as well as door prizes!

Drop In Mandala Painting – Tuesday, May 26 and Wednesday, June 3. Drop by any time between 11:30 am – 1:30 pm, Sports Centre classroom #212. Join us for a relaxing Mandala Painting session and explore the art of mindfulness through intricate patterns and colors. No prior experience needed – just bring your creativity. No need to register, just drop in!

Desk Reset: Chair Yoga and Mindfulness Break - Take a purposeful pause in your day with a gentle, accessible chair yoga session focused on relieving tension, improving mobility, and calming the mind. This session also includes a brief discussion and take-home handout of simple desk stretches you can use anytime to stay refreshed and focused at work. A 30-minute lead session with a 15-minute discussion and handout. No mat needed. Location: Chaplaincy Centre. June 2 and 16 12:10 pm – 12:55 pm. Space is limited. Email amarchbank@upei.ca to register for one or both dates.

MOVE MORE @ LUNCH – UPEI staff and faculty - free access to Fitness Centre on the second floor of the Chi-Wan Young Sports Centre from June 9 – 11 between 11 am – 1 pm. Demos, draw prizes, open to any staff and faculty even if not taking part in the Challenge.

Campus Car Free Week – June 8 – 12. Celebrate Car Free Week by choosing greener, healthier ways to get around – walk, cycle, carpool, park off campus, take the transit and reduce your carbon footprint. Let's move towards a cleaner, more sustainable future together.

Recipe Share Board - Share your favorite healthy comfort food, family classic, or quick weeknight meal on our Recipe Share Board! It's a fun way to swap ideas, discover new dishes, and connect with coworkers through food and wellness. Click here for submission [form](#). Later in June all submissions will be shared with Spring-into-Wellness participants.

Outdoor Fun games and equipment sign out - All UPEI staff and faculty can sign out at the Panther Central desk (Chi-Wan Young Sports Centre) any of the items listed here. Spike ball set, bocce ball set, Yardzee game, washer toss game, ladder ball game and croquet set. You must present your campus ID card. Items can be signed out for longer than a day.



Wellness encompasses physical, mental and nutritional aspects, working together to promote overall well-being. Healthy eating, physical activity, and mental health are interconnected and contribute to a balanced and fulfilling life. This challenge encourages staff and faculty to make positive changes to their physical and mental well-being.

Each day is focused on an area of well-being with a breakdown of the why and resources to explain.

Focus	Why	Resources
Mindful Mondays	Mindfulness practices have been shown to reduce stress, improve attention, and support emotional regulation.	<u>Mindfulness for Your Health: The Benefits of Living Moment by Moment</u> <u>Dr. Ellen Langer: Using Your Mind to Control Your Physical Health & Longevity</u> (Podcast)
Tasty Tuesdays	Eating healthy foods can boost your mood, give you more energy, and help you do better in school or at work.	<u>Live Well PEI: Eat Well Diet and Mental Health</u> <u>How Different Diets Impact your Health</u> (Podcast)
Wellness Wednesdays	Personal Wellbeing is caring for yourself and maintaining an overall state of happiness and balanced sense of wellbeing.	<u>What is Wellness</u> <u>The new science of alcohol The Nature of Things</u> CBC doc
Thoughtful Thursdays	Practicing gratitude and self-compassion can help you feel more balanced, reduce stress, build a kinder relationship with yourself and connect with others.	<u>Why Self-Compassion Trumps Self-Esteem</u> <u>Research on Self-Compassion</u> <u>The Neuroscience of Gratitude and Effects on the Brain</u> <u>A Brief Gratitude Writing Intervention Decreased Stress and Negative Affect During the COVID-19 Pandemic</u>
Fitness Fridays	Regular physical activity improves mood, cognitive functioning, and sleep while reducing anxiety and depression.	<u>Live Well PEI: Move Well ParticipACTION</u> <u>YMCA Home Fitness</u> <u>Island Trails</u> <u>Active Living For Aging Adults Active Aging Canada</u>