



JouleBug
ENTERPRISE

Content Inventory

January 2021

Standard Content

Sustainability, Fitness, Nutrition, Volunteering,
Remote Engagement



Content Overview



Sustainability

Helps employees find out what small steps they can take to protect the planet. Sustainability actions include water and energy conservation, waste management, and transportation.



Fitness

Makes it easy for anyone and everyone to get active in a way they enjoy. Fitness encourages members to get moving however they can and share along their journey.



Nutrition

Encourages members to take small steps to integrating healthy eating habits wherever they can, and hopefully share some great food pics while they're at it.



Volunteering

Is all about getting involved in your community. Whether you can volunteer time, make a donation, or help a neighbor, there is a way for everyone to make the world a better place.



Remote Engagement

Extremely relevant and the newest addition to the JouleBug Enterprise platform. The Remote Engagement theme helps your employees stay engaged, happy, and healthy.



Sustainability

Helps employees find out what small steps they can take to protect the planet.

Sustainability actions include water and energy conservation, waste management, and transportation.

Categories:

- Eco Habits
- Energy
- Water
- Waste
- Food & Drink
- Shopping
- Office
- Outdoors



Total Actions: 70

Approximate Word Count: 2200



Sustainability Actions

Name	Description
Air Dry Dishes	Turn off 'heat dry.' Just open the door to let your dishes air dry - those few extra minutes will save you 15% on your dishwasher energy costs.
Bike There	There's nothing like riding a bike. The childhood memories, the wind in your helmet...it's the most civilized transportation option around. So skip the gridlock and the hunt-for-parking. Ride a bike instead of driving!
Carpool	Set up a carpool to work, or ride together when you're going out. Driving is more fun with friends. Log it once for each carpool trip.
Catch Some Rays	Open south-facing curtains during the day. The sun will help warm the room naturally. Easy, right?
CFL Upgrade	Install a CFL next time an old light bulb burns out; no sense in wasting what you've got. Log it for every bulb you switch (or if you've already made the switch!).
Compost	You can compost something every day: Log it every time you put food scraps in your new compost bin.
Draft Beer	Draught beer is better for the world: If you're over 21, order pints instead of bottles to save packaging.
Dress for the Summer	We probably don't have to tell you twice that it's hot: Don't wear sweaters. Put on your short shorts (or whatever summer clothing floats your boat), bump up the thermostat, then Log this Action.
Dress for the Winter	Instead of hiking the thermostat, take a hike to the sweater store: Log it when you dress warmly.
Drink Local	Belgium, smelgium. If you are over 21, order locally-brewed beer to save some CO2 and help support the economy, too.
Emissions Check	You have to have your car's emissions checked - it's the law (in most states, anyway). This is just another reward for doing what's right.
Empty the Lint Trap	Same dry clothes, 15% cheaper: Clean the lint trap, and if it's an option, check the moisture control, then Log it every time you dry.
Energy Settings	Turning your computer off when you're done helps it run better. Shut down when you can, and set your computer's power settings right: On Windows, select 'Power Saver.' On Mac, select 'Energy Saver.'
Fan Club	Use a room fan, and turn your A/C 4 degrees warmer. The wind chill will keep your room the same, cool temperature - for a lot less cash.
Full Loads Dishwasher	Log it when you run a totally full dishwasher. (And never run a half-full machine - you're smarter than that).
Full Loads Laundry	Get more for your money. Log it every time you wash 1full load instead of 2 small ones. And if you ever wash clean clothes, be ashamed.



Sustainability Actions cont.

Name	Description
Kitchen Fan	To keep your place fresh and cool, use the vent fan over the oven for 20 minutes after each use (you can Log this Action if you use the vent fan in the laundry room, too!).
LED Upgrade	Ready for the real cutting-edge? Upgrade to an LED bulb; they're the best for saving money in the long run. Log this every time you install an LED.
Leftovers	The average person wastes 210 lbs of food a year. Eat last night's leftovers for lunch to Log this very important action.
Line Dry	Skip the dryer, and get clean clothes the way the dinosaurs did it: A good old fashioned clothesline or drying rack. Your clothes will last longer, and you'll save real \$\$ every month.
Local Produce	Eating fresh, local produce is a great way to support the economy (and it tastes better too). Log it every time you buy local produce.
Low-Flow Shower Head	Is your showerhead out of date? If it's older than 1992, you need a new model - better water pressure, smaller utility bills. Change it, then Log it.
Lunch Box	Pack your lunch in a reusable bag or container - you'll save money, packaging, and the time it takes to stand in line.
Meatless Monday	Choose one day every week to eat vegetarian to Log this. Skipping meat is good for your health. And the best part? You can still eat french fries.
Native Plants	Grow the right kind of garden. Choose "native" plants from your local nursery or Cooperative Extension. Since they're used to your climate, you can cut your water use by 50% - AND get even better results. Go crazy! Log it once for every kind of plant you pick.
Natural Fertilizer	Skip the fertilizer and chemical pesticides. Use alternatives such as leaving grass clippings on your lawn to Log this Action. It's cheap and easy - and protects your local water supply from chemical run-off.
Office Power Down	Give your office an energy break! You've earned happy hour, and your office electronics have, too. Turn off computers, printers, and office lights when you leave to Log this Action.
Oil Change	You probably already do this - make sure you're using the motor oil your vehicle manufacturer recommends for the best efficiency and don't forget to check for leaks. Log it when you get your next oil change.
Paperless Billing	The average household uses 6.6lbs of paper on bills each year - the same amount of CO2 as driving a car 115 miles. Switch to online billing for your phone, utilities, and bank statements to Log this.
Powerstrip	Did you know many electronics can use energy, even when they're powered off? Stop vampire electronics from draining energy by using a power strip, and turning it off when not in use.
Print Double-Sided	Log this Action when you print double-sided pages (or re-use the backs of scrap paper). This saves most people more than 20% of their average paper costs!



Sustainability Actions cont.

Name	Description
Public Transit	In the future, we'll all ride public transportation. Get ahead of the curve: Take your local bus, metro, or hovercraft ferry to Record this Action. Bonus points: You'll have more time to read a book!
Rain Barrel	For the true lawn aficionado: Buy a rain barrel to store rain for watering. It will block mosquitos and save you 1,300 gallons off your water bill.
Recycle	It's not just a 5 cent refund. Recycling is a warm fuzzy feeling inside! There's no easier way to make a big difference (and get some points). So make sure your paper, bottles, and other non-trash get to the bin where they belong.
Recycle Electronics	Give your old appliances a second chance. Check Earth911.com to find the nearest place to recycle anything with a cord.
Recycled Paper Towels	Wiping up messes with old-growth forests? Use rags when you can, but if you have to use paper-towels, switch to post-consumer recycled brands. Log it when you go shopping.
Recycled Printer Paper	Can you tell the difference between non-recycled and recycled printer paper? Today's papers are engineered for use in hi-speed copiers and printers. Try a pack of 100% recycled. Same white paper, 100% fewer trees.
Recycled Toilet Paper	'Luxury' toilet papers destroy virgin wood - and recycled brands today are just as soft. Try out a brand that uses post-consumer recycled content, and Log it when you buy a pack.
Reusable Mug	Whether you have a cup o' decaf every morning or an \$8/day frappuccino habit, you should carry a reusable mug. In terms of energy used and pounds of trash, those disposable paper cups are worse than Styrofoam.
Reusable Shopping Bag	Got your reusable bag? Step 2 is: Use it. Log this Action every time you say, 'No bag, thanks' at the store.
Reusable Silverware	For all you advanced lunch-eaters: Log it when you pack reusable silverware instead of plastic. It's one more thing you don't have to throw away.
Reusable Water Bottle	Many brands of bottled water are really just tap water - at 2,000 times the cost. Log this every time you refill your reusable bottle.
Reuse Warmup Water	Waiting for that 'just right' temperature? Capture that warmup greywater from the sink, shower or tub and use it for flushing and irrigation. (Your toilet or garden can't tell the difference.) Log it each time you use greywater instead of freshwater for use around the house or outside.
Save a Flush	If it's yellow let it mellow. Avoiding flushes can save over 6 liters of water per flush (a lot more if you have an older toilet). Log it each time you save a flush!
Share the Road	Log this Action the next time you share the road with a bike or stop for a pedestrian (but wait until you're off the road to Log it).
Shorter Showers	Standing around in the shower? Time yourself: Every minute of shower costs you \$8 a year. Log it every time you shower for less than 5 minutes (you'll save serious bucks).



Sustainability Actions cont.

Name	Description
Shower Fan	Use the vent fan for 20 minutes after your shower. It'll keep the air fresh and clean and save your A/C a workout.
Shut the Blinds	Let the sun shine in the winter. But in the summer, keep your place cool by closing the blinds during the hot day. Log it once you've shut the blinds in your whole place.
Skip the Carwash	Save the bikinis for the pool and skip washing your car in the driveway! Log it when you opt to keep the dirt around, or visit a car wash that uses reclaimed water.
Skip the Lid	Still drinking from a sippy cup, eh? On your next coffee, skip the straw and/or the lid; drink straight from the cup (like a big kid) to Log this Action.
Skip the Oven	When it's an oven outside, don't use one inside. Use the microwave or cook out (did someone say BBQ?)
Skip the Sleeve	Is your coffee really too hot? Skip the cardboard sleeve when you can (or carry your own reusable sleeve), to Log this Action.
Speed Efficiency	Accelerating hard is for teenagers in parking lots and Vin Diesel. Maintain your speed - you'll save at the pump!
Telecommute	There are countless benefits to telecommuting. "No Pants Day" is only the beginning! Use Skype, Google Hangout, or the plain old Internet to connect instead of taking a business trip.
Thrift Shopping	Need something new? Got something you no longer need? Whether it's a hat or a hat rack, get it (or donate it) on Craigslist, Freecycle.com, or a thrift store to Log this Action.
Tire Pressure	Flat tires? Get 'em PHAT. The right tire pressure will make a surprisingly big improvement in your car's gas mileage. Log it when you inflate your tires properly.
Trip Chaining	Who has enough time these days? Conserve your most valuable resource: Combine several errands into one trip to Log this Action (this habit can save you 10 hours a year).
Turn Off the Lights	For this Action, it gets a little tougher: Kill the lights when you leave a room (okay, okay, not that tough). Remember: Hit 'Log Action' once for every time you take the action specified.
Turn Off the Monitor	Yes, pretending it's the Millennium Falcon zooming through hyperspace is fun. But that screensaver isn't saving energy. Turn off your monitor and save some Galactic Credi - er, dollars...
Update Thermostat Summer	What, is your furniture hot? There's no reason to air condition your place while you're gone. Turn it up about 8 degrees when you leave to Log it. Then use a fan to cool down faster when you get home. Even the worst summers cool off at night. Before you go to bed, give your A/C a break; set it about 4 degrees warmer.



Sustainability Actions cont.

Name	Description
Update Thermostat Winter	Does your furniture get cold? There's no reason to heat your place while you're gone. Set your thermostat down about 8 degrees when you go out (if your couch is chilly, give it a throw blanket). You'll get better sleep in the cold; drop your thermostat by about 8-10 degrees before you go to bed.
Visit the Park	This one's a walk in the park. Visit a public park near you and Log this Action. After all your help preserving nature, now get out and enjoy it!
Walk There	Your feet were made for walking. Set them free! Wherever you're going, Log it if you choose to walk instead of driving. You'll save gas money AND gym membership fees.
Wash with Cold Water	If the tag on your shirt told you to jump off a bridge, would you do it? Most clothes don't actually need hot water to get clean - wash your loads cold to Log this Action.
Water Off While Brushing	The sound of running water may be soothing but we bet you can get through your daily grooming without it. If you brush your teeth twice a day (and we hope you do) that water can really add up! Log it when you turn the water off while brushing your teeth or shaving.
Windows Open at Night	We hear fresh air helps you sleep better! Plus, your A/C needs beauty rest, too. Log it when you open your windows and let the air cool you off instead of the A/C.



Fitness

Makes it easy for anyone and everyone to get active in a way they enjoy. Fitness encourages members to get moving however they can and share along their journey.

Categories:

- Cardio
- Strength
- Sports
- Classes
- Fitness Tips



Total Actions: 50

Approximate Word Count: 2000



Fitness Actions

Name	Description
7 Minute Workout	No time? No equipment? No problem! You can still get a top-notch high intensity workout, using just your body weight, a chair and a wall. Try these 12 interval exercises anywhere the next time you want to work up a sweat in a hurry.
After Workout Snack	After your al rep, refuel with healthy post-workout grub. The ideal combo includes lean protein for muscle repair (think chicken, almonds or eggs) combined with carbohydrates (such as berries, wheat toast, or sweet potatoes).
Baseball	Play ball! America's favorite pastime happens to have some serious health perks. We're talking upper body strength, explosive leg power, hand-eye coordination, and mental acuity. Plus, it's fun. However, the benefits from swinging, running and catching only come from playing ball, not just watching.
Basketball	Shooting hoops helps you to score points in the fitness category. Basketball is a fun way to burn calories, build endurance, and sharpen your motor skills.
Boxing	Grab a punching bag and get ready to knock out a powerhouse workout! Boxing engages all muscle groups for a total body fitness routine, plus it is a fantastic way to release pent up tension or stress. Up your endurance, strength and speed with boxing, and build self-confidence to boot.
Burpees	Love to hate it! This bootcamp favorite requires absolutely no equipment, and is guaranteed to make your heart pound and your breath heavy. Dynamic, fast-paced, and intense, burpees work every muscle in your body and get your metabolism revved. Get on the floor in three, two, one!
Cardio Class	From kickboxing to step aerobics to zumba, there is a cardio class to suit every taste. With high-energy music and a fun group atmosphere, these classes get your heart pumping, your body moving, and the calories burning.
Circuit Training	Looking for a workout boredom buster? Look no further. Circuit training sculpts muscle, burns calories, and blasts fat, thanks to the fast paced routine. Think jumping rope, lunges, squats, planks, and more.
Coffee Break Replacement	Get outside! Even if it's only for ten minutes, studies show that getting out into nature can have major benefits for our mind and mood. Take your cup of joe for a walk in the park (or just around the block) to lower stress levels, burn some calories and get your blood flowing.
Cycling	Whether you prefer a rocky mountain terrain or just your morning commute, hopping on a bike can do wonders for your body, mind and environment. Studies have also shown that cycling can help to improve your memory and cognition.
Dancing	Turn up the music and shake it! Dancing is a great exercise that releases endorphins, encourages social bonding, and is just plain fun. Whether you like hip hop, jazz, ballet, tango, salsa or modern, there is a style to suit every taste. Dancing in your underwear in your living room totally counts, too.
Elliptical	These cardio machines can deliver an effective workout while being much less taxing on your knees, hips and back than a treadmill. In order to really feel the burn, make sure you dial up the resistance. Try the talk test: you should not be able to hold a conversation with a friend comfortably!
Field Hockey	The sister sport of ice hockey is a fast-paced and competitive way to sweat. Frequent running ensures you will get a stellar cardio workout. Join a local league in order to reap the benefits.



Fitness Actions cont.

Name	Description
Football	Hut hut hike! High speed, high intensity, and high excitement are all a part of playing the game. Whether you are throwing around a ball with friends or set up a flag football game, this sport is equal parts enjoyment and exercise.
Frisbee	Whether just tossing one around with a friend, or playing a more competitive game of ultimate Frisbee, this is an easy way to get outside and get moving. Frisbee increases hand-eye coordination, builds agility and boosts endurance. Up the ante with lots of running!
Gardening	In addition to the fresh produce, gardening has some surprising health benefits. Studies have shown that this stress-busting moderate-intensity exercise is good for your brain and your heart, reducing the risk of both dementia and heart attack.
Golf	Destress and socialize with a game of golf. Studies show that those who regularly hit the links have lower mortality rates than those who do not partake. Bonus points if you walk the course!
Hiking	Fresh air does the body good! Hiking benefits the heart, mind, and body. This cardio workout can help you to build strength, boost mood, and reduce the risk of chronic disease as well. What's not to love? Lace up a pair of hiking boots and hit the trails.
Ice Hockey	Not for the faint of heart! Ice hockey is a serious calorie torcher, thanks to the high-impact, fast-paced nature of the sport. In addition to requiring coordination and balance on skates, ice hockey builds endurance and camaraderie.
Indoor Rower	For full-body cardio that will keep your heart elevated and muscles activated, try rowing. With every stroke on a rowing machine, just about every muscle in the body is used. It is also easy on the joints!
Join a Team	Not only will you be more motivated to sweat, you will also be so focused on having fun that you will forget you are working out. Team sports are a great way to build connections, boost confidence, and learn leadership skills. Sign up for a local team in your area, whether its dodgeball, kickball, or football!
Jumping Jacks	These gym class basics are a great way to get your heart pumping and blood flowing. Breathe deeply to engage your core, and get ready to use every major muscle! These can be done anywhere on-the-go, from a park to a parking lot.
Jumping Rope	Affordable and portable, jumping rope is the ultimate aerobic workout! Ten minutes of jumping rope is roughly the equivalent of running an eight-minute mile. Give it a whirl.
Kickboxing	Kickboxing is a super energetic and empowering workout that is great for your whole body!
Lacrosse	With a playing area roughly the size of a football field, lacrosse guarantees a lot of running. You will increase your endurance, stamina, and athleticism with this physically demanding field game.
Martial Arts	Activities like tae kwon do, kung fu and tai chi can help you to zap stress, improve concentration, and add new self-defense skills. Plus, it's a great full body workout to keep you toned!
One Stop Early	Taking public transportation to work? Try hopping off the bus or train one stop early to add a few extra steps to your day. Every little bit counts!



Fitness Actions cont.

Name	Description
Pilates	For a strong core and toned abs, try Pilates. This workout elongates and strengthens, improving muscle tone and flexibility. Plus, research proves that Pilates not only strengthens your abs, but can help to prevent lower back pain.
Pull Ups	This arm exercise strengthens the muscles of the back, biceps, and forearms. The best part is all you need is a bar! Whether at a park jungle gym or a sports club, challenge yourself to see how many you can do.
Push Ups	One of the best, yet simplest, exercises out there! Push ups strengthen the upper body, utilizing muscles in the chest, shoulders and forearms. You also engage the abs, hips, and legs. Talk about a full body workout!
Racquetball	Intense, fast paced, and competitive, this sport tones your arms and core. Grab a partner and head to a court to reap the benefits.
Rock Climbing	Ascending a rock-climbing wall (or cliff or boulder) requires a tremendous amount of strength and endurance. From arm strength to foot work to mental acuity, getting to the top is an accomplishment worth celebrating.
Rollerblading	Strap on some skates and get gliding. Whether rollerblading outside or in a roller rink, this exercise is a great way to burn calories and get your heart pumping. Rocking rollerblades also improves coordination and agility.
Rugby	If you're ready to try out a new sport that will make you sweat, look for a rugby league near you. You will be so busy running, tacking, throwing, and yelling, you will forget that you are working up a sweat!
Running	Lace up those sneakers: studies show this do-anywhere exercise can keep excess pounds at bay, has mood-lifting effects, and helps you to live longer. That runner's high is real!
Sit Ups	Crunching is for more than just for a bag of chips! Regular sit-ups not only strengthen your abs (hello, six-pack!), but having a strong core can help protect your back, spine and neck from injury. Try sit-up variations on a medicine ball or the floor for that core strengthening effect.
Soccer	Thanks to all that quality time spent running, kicking, dodging, and sprinting down the field, soccer is a stellar way to up your aerobic capacity and improve heart health. That fancy footwork can improve also improve your agility, both on and off the field.
Squats	This is one exercise that will make your backside very happy. Working your glutes, hamstrings, and quad muscles, squats are key for developing lower body strength.
Stationary Bike	Cycling does the body good, thanks to its double dose of cardio and muscle strengthening. Try a spin class: the infectious tunes and upbeat atmosphere will have you hooked.
Stretching	Just as important to your exercise routine is a dynamic warm-up and cool down. Carve out a few extra minutes: studies show flexible muscles can help prevent injury.
Swimming	Dive in! Whether you're in a pool, ocean, or lake, swimming is a fantastic low-impact and full-body workout. The exercise builds endurance, muscle strength and lung capacity.



Fitness Actions cont.

Name	Description
Tennis	Grab a racquet and hit the nearest court with a friend. Tennis is called "the sport for a lifetime" with good reason: this cardio-centric game enhances physical and mental endurance.
Volleyball	Bump, set, spike! Head to the beach or the gym to enjoy the many benefits of the sport. It strengthens both your upper and lower body while giving you a cardio boost.
Walk or Ride to Work	Walking or biking to work will help you to fit in some A.M. activity before the workday begins, and studies also show it improves wellbeing! Exercise helps to sharpen your thinking and boost brainpower, so that you can start the day right.
Walking	Take a walk in the park, or down the street, or even around the office. The simple act of getting off your bum for a walkabout has wondrous benefits, from an improved mood to a healthier heart to a trimmer waistline. Bonus: some studies show that walking can boost mental acuity and creativity.
Weight Lifting	A core component to any fitness regimen, weightlifting will help you burn fat, and reduce your risk of disease to stay strong and healthy. Try to hit all the major muscle groups: arms, core, and legs, for a well-rounded routine.
Workout Buddy	For an added dose of motivation, grab a friend before sweating it out! Studies show that having a partner can help you stay committed and accountable, while also supporting you through the process.
Yoga	Say Ommm. Yoga is fantastic way to strengthen both your body and mind, helping to build lean muscle, increase flexibility, and improve balance. But that is only the beginning: regular yoga can actually alter your gene expression to reduce stress, improve immunity, and fight off disease to boot.
Zumba	Blast calories and have fun while you're at it with this aerobic dance class. You will get hooked to the catchy rhythms, contagious beats, and sweat soaked atmosphere.



Nutrition

Encourages members to take small steps to integrating healthy eating habits wherever they can, and hopefully share some great food pics while they're at it.

Categories:

- Cooking
- Groceries
- Dining Out
- Snacks
- Nutrition Tips



Total Actions: 35

Approximate Word Count: 1400



Nutrition Actions

Name	Description
Balanced Plate	A healthy diet is all about moderation: you can have your cake (and eat it too!), as long as you are also eating plenty of greens. Your diet should have an emphasis on the fresh stuff: aim for half a plate of colorful fruits and veggies, with the other half consisting of lean proteins, whole grains, and some healthy fats such as olive oil.
Brown Rice	This is a good go-to grain, thanks to copious amounts of fiber and complex carbs that keep you full. Studies also show that replacing white rice with brown could reduce the risk of developing type 2 diabetes.
Cook at Home	Try out a new recipe tonight! Cooking your meals at home is not only a fun, creative outlet that can help you save money: studies show that people who cook at home tend to consume fewer calories than those who cook less.
Dark Green	Kale Yeah! The green leafies are your friend, chock full of antioxidants to help prevent diseases such as cancer, fiber to help lower cholesterol, and a boatload of vitamins and minerals to supercharge your health. The darker the better: try cruciferous veggies such as kale, spinach, broccoli, or dandelion greens.
Don't Shop Hungry	Headed to your local grocery store? Do yourself a favor and eat a healthy snack beforehand. Studies show that hungry shoppers may be more tempted to buy high-calorie foods while out.
Drink Water	Keep hydrated all day; whether you think you're thirsty or not your body needs water! Buzz when you finish a full glass or bottle of water.
Eat Breakfast	Egg-cellent! Starting the day off with a protein-rich breakfast can help to kick start your metabolism, curb your appetite throughout the morning, and help to keep the pounds off. If you're low on time, prep meals the night before!
Frozen Yogurt	In the mood for something sweet? Try frozen yogurt! It has fewer calories and less saturated fat than icecream. Stick to toppings like fresh fruit and granola for a truly healthy treat.
Fruit	High in antioxidants, fiber, vitamins, and minerals, fruit is your friend! Studies also show that eating a diet high in fruits and veggies gives your body and brain a boost. Try to get a wide range of colors and types: the more variation you have in your diet, the better.
Fruit Instead of Dessert	Want to satisfy your sweet tooth without destroying your diet? Try having some berries or a sliced frozen banana for dessert. It will give you that boost of (natural) sugar that you crave.
Grill It	Fire up the grill! Not only is grilling much healthier than frying, but it is a great way to cook flavorful meat and veggies without the fat. Add in herbs like rosemary to up the antioxidant factor.
Healthy Cereals	To start your day off right, skip the sugary cereals, and say yes to high fiber picks. Ideally, your cereal should contain a serving of whole grains, be low in sugar, and free of artificial dyes. Bonus if you add berries or bananas to your bowl!
Healthy Oils	Fat can be good for you! When cooking, use heart-healthy vegetable oils such as olive oil, avocado oil, canola oil, and coconut oil. Studies show that extra virgin olive oil in particular can help to protect against cardiovascular disease and even cancer.
Healthy Snack	Avoid the lure of the vending machine; be prepared with a healthy snack! An ideal snack consists of protein and carbohydrates to give you energy and keep you full. Try turkey and cheese, or peanut butter and an apple!



Nutrition Actions cont.

Name	Description
Lean Protein	Protein is an important part of your diet, as it helps with muscle repair and recovery. Try lean proteins like chicken, turkey, and fish to feel full without all the fat.
Lettuce Wrap	For a healthy sandwich sans bread, try a lettuce wrap! Bursting with flavor but low on calories, these are an ideal on-the-go healthy lunch option. Fill a large lettuce leaf with all your favorite sandwich fixins.
Local Markets	For the freshest produce at the best price, shop local! Check out your nearest farmer's market and learn what is in season. You may discover a new vegetable, or d inspiration for a new recipe.
Meatless Monday	Going meatless once a week is a great way to get more veggies and also reduce your carbon footprint. Studies show that plant-based diets low in processed meat are not only good for you, but good for the environment as well. Win for all!
Natural Popcorn	Skip the artificial flavoring and processed butter, and make your own! When using plan kernels and prepared right, popcorn can be low in calories, high in fiber, and surprisingly high in antioxidants. Just add a pinch of salt for flavor!
Pack Your Own Lunch	Save on calories and cash! Packing your own lunch is a great way to control portions, and planning out your meals in advance helps to prevent last minutes bad decisions. Use the time normally spend waiting in line for lunch to go for a nice walk!
Peanut Butter	Whether smeared on a piece of toast, on an apple, or in a sandwich, peanut butter has an enviable combination of protein, fiber, and good fat to keep you satisfied and fuller longer.
Plant Protein	Holy Hemp! Meat isn't the only thing packed with protein. Try hummus, edamame, legumes and nuts to keep you full. Many plant proteins also contain compounds that can help protect against chronic disease and reduce cholesterol.
Shopping List	Avoid impulse purchases and plan ahead! Making a list prior to hitting the grocery store can help to keep the pounds off. Be sure to include plenty of fruits and veggies!
Side Salad	To majorly save on calories and sneak in a serving of greens, trade in your fries for a side salad. You will still get to indulge in your main dish, but eating a leafy greens will pack a nutritional punch.
Skip the App	Say 'Pass' on that bread basket! Ordering an appetizer or indulging in the bread can lead to overeating, and an overload of calories. If you must get an appetizer, start with a salad. Studies show it can help you to feel fuller and eat less during the main event.
Snack On The Go	Never be caught unprepared! Stash some a protein bar or a bag of mixed nuts in your car or purse, so that you are ready when hunger strikes. When you know you have a busy day ahead, add extra snacks so that you can munch healthy on-the-go.
Take It Home	Restaurant portions can be huge! Brown bag those leftovers for a delicious day-after meal! Not only will this prevent you from feeling like you need to clean your entire plate, but it will save you serious calories and cash.



Nutrition Actions cont.

Name	Description
Try New Things	Whether it's a new recipe, a tropical fruit you've never heard of, or adding a new ingredient to your favorite dish, try something new! You may be surprised by the results.
Vegetables	Your mom was onto something when she told you to eat your vegetables as a kid! Chock full of all the good stuff to help you live longer, stay healthier, and fight disease, aim to eat 3-5 servings of veggies per day.
Vinaigrette Dressing	For a salad that will make you smile, choose dressings with an oil and vingar base as opposed to creamier options. These tend to be lower in fat and calories.
Whole Grain Bread	Great Grains! When given the option, chose whole grain for bread, bagels, waffles, tortillas and more. Whole grains have more fiber, which can help to control blood sugar and keep you full.
Whole Grains	Stick to whole grain options like whole wheat, quinoa, barley, or farro. Studies have shown that diets rich in these grains can not only help you to lose weight, but are also linked to a reduced risk of chronic disease.
Whole Wheat Pasta	Make your favorite Italian meal healthy! The next time you have spaghetti (or penne, or fettuccini), just make it whole wheat. Whole grain pasta is loaded with fiber, iron, and B vitamins.



Civic

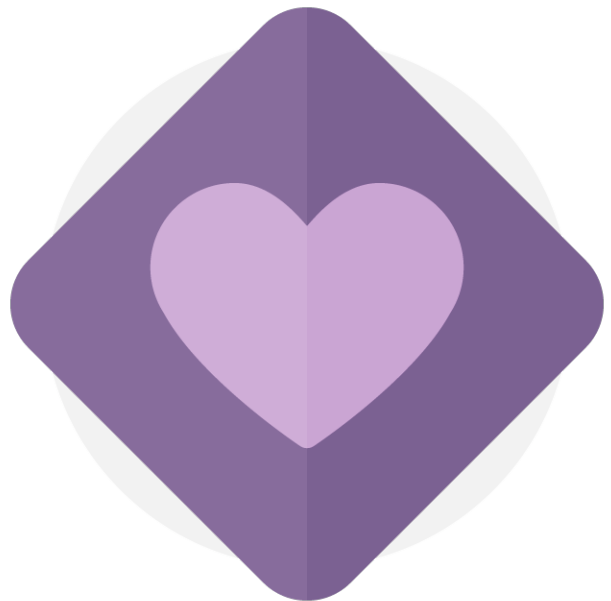
Is all about getting involved in your community. Whether you can volunteer time, make a donation, or help a neighbor, there is a way for everyone to make the world a better place.

Categories:

- Donate
- Time

Total Actions: 25

Approximate Word Count: 700



Civic

Name	Description
Birthday Donation	Give back on your birthday! Instead of traditional gifts, ask people to donate to your favorite charity. You will start your year off on the right note.
Building Project	Help provide the roof over someone's head. Participate in a local building project, or sign up for a trip to build for those in need elsewhere. Check out charities such as Rebuilding Together.
Cleanup Event	Want to help the earth, your local community, and yourself? Volunteer for a cleanup event, whether it's at a local beach or local park. A cleaner environment is something that can make everyone smile.
Coach a Team	Play ball! Or soccer, or football, or cheerleading. Help to coach or organize a youth team, and you will get to impact children's lives while also having a ton of fun.
Donate Cans	Giving canned food and other non-perishable items to a soup kitchen or collection center will help to feed those in need.
Donate Old Clothes	You know that shirt you've never worn? Put it, and the rest of the clothes in your closet that haven't seen the light of day, in a bag, and donate them to a local GoodWill, Salvation Army, or other local charity.
Donate Toys	Collect your kids or friends' kids old toys to give to needy children. You can host a holiday toy drive, or donate to an organization such as Toys for Tots.
Elderly Care	Volunteer at an elderly care facility. Oftentimes, residents are lonely or far from family. Spending time reading to or talking with them can be a rewarding experience.
Give Blood	Calling all A's, B's, O's, and AB's! Donate your blood to a local blood bank or drive. You will leave knowing that you have helped to save a life!
Make a Donation	Give money to a cause you are passionate about. If you visit charitynavigator.org , you can find information about 5,500 of the largest charities, rated by category, as well as tips for donors.
Meal Prep and Delivery	Put your culinary skills toward a good cause! Volunteer for a program that makes and delivers meals to those in need. Whether you prefer to be a sous chef in the kitchen, or out delivering the meals, this is one way to make a direct impact in your community.
Plant a Tree	Go Green! If you want to contribute something that will last longer than yourself, plant a tree. Great for the environment and the community as well!
Shelter Dog	Help out a furry friend! If you are looking for a lovable addition to join your family, head to your local shelter instead of going to a breeder or pet store.
Soup Kitchen	Serve hot meals and warm conversations to those in need at your local soup kitchen.
Support Veterans	Our armed forces risk their lives for our country; there are a surplus of ways to give back to these heroes. Whether you support military families, troops overseas, or veterans, find a related charity and contribute to it.
Tutor or Mentor	Give back to a child in your community by tutoring them in a subject such as English or reading, or simply being there to listen and give them guidance. You may be surprised by the bonds you form.



Civic cont.

Name	Description
Walk or Run for Charity	Sweat for a cause! Sign up for a race in your area that supports a charity that is important to you, or use an app like CharityMiles, which tracks your distance while you run, bike or walk and gives money to your favorite cause.
Work an Event	Put your party planning skills to good use: help out at a drive to raise money for a charity, or to collect toys, sweaters, whatever your cause may be. This is a great way to bring your community together, meet new people, and do good!
Write Congressperson	Get involved with your local, state or national government to support causes you are passionate about. At the end of the day, your elected representatives were put in office to represent YOU, so be sure to make your voice and opinion heard.
Youth Organization	Serve as a member on a local youth council or be a part of an organization such as Boys & Girls Clubs of America. Help young people realize their full potential and develop leadership skills!



Remote Engagement

Extremely relevant and the newest addition to the JouleBug Enterprise platform. The Remote Engagement theme helps your employees stay engaged, happy, and healthy.

Categories:

- Productivity
- Work-Life Balance
- Camaraderie
- General Health
- Mental Health
- Fitness
- Food & Drink



Total Actions: 30

Approximate Word Count: 1000



Remote Actions

Name	Description
Designated Work Space	Have a designated workspace and try not to spend time there outside work. This will help with your in/out of work mindset and keep you from bringing work into your personal space and time.
Start & End Times	Set start and end times to your work day and avoid answering emails or requests outside those hours
Get Dressed	Put on your 'work clothes' to get in the right mindset to start your day. When your work hours are over, change into comfy clothes (sweats, pjs, etc.) to let your mind know it's time to relax. OOTT pic not necessary but strongly encouraged.
Lunch Break	When it's time for lunch, make sure to go offline and eat somewhere other than your desk (another room, outside, etc). Take at least 20 minutes to eat and enjoy.
Embrace Distractions	Working from home can mean unexpected distractions and interruptions from your environment or colleagues. Be kind to yourself and others as you embrace the change and work through it.
Repurpose Commute Time	Try to do something productive with your "would be commute time". It could be reading, sleeping, exercising, journaling, preparing homemade breakfast or dinner, etc.
To Do List	Set a plan and schedule for your work day. You'll feel accomplished having a list of what you've done and it'll help you stay on track.
Tidy Space	Keep the area around your workspace neat and clean to limit distractions. Log this when you tidy up.
Socialize Virtually	Grab some colleagues and set up a call to have a group lunch or happy hour. If you can't meet in person, this is the next best thing.
Chat Time	Plan to talk to someone outside work to stay socially connected. Call a parent, sibling, family member, or friend to talk about your day. Working from home can mean less human interaction and this can help.
Buddy System	Have a buddy (at home or virtual) and remind each other to take a break, walk around the block, etc. Whatever healthy habits you need a little help, have your buddy nudge you to stay on top of them.
Disconnect	Take time away from all screens to read a book, play cards, journal, work on a puzzle, walk, etc. Aim for an hour every day.
Journal Thoughts	Not having coworkers to vent to or brainstorm with can mean keeping all your thoughts bottled up. Take time to journal or write down ideas (ideally on paper/off screen) to make prevent becoming mentally drained.
Take Ten	Take a break to re-center and re-focus when you need it. This can be in any form beneficial to you.
Utilize Natural Light	Open your blinds or curtains and let the sun in. While it's not as good as getting actual sun outside, it can still be a mood booster. You'll save on your electricity bill too.



Remote Actions cont.

Name	Description
Hydration	It can be easy to forget to drink water, especially when we are more stationary during the day. Make an effort to drink lots of water. You can mix it up by adding fruit/infusions. Log this at the end of your day when you remembered to drink water throughout.
Fresh Air	Your access to fresh air may vary depending on your situation, weather, or location, but it is important. The best option is to get outside for an hour in the form of a walk, run, bike, etc. But even a walk around the block or opening a window is better than nothing.
Stand Hour	If you don't have a smart watch or activity tracker reminding you, set an alarm or reminder to make sure you stand up at least once per hour. (Pro Tip: staying hydrated will make this easy by requiring bathroom breaks). Log this at the end of the day if you remembered to stand up every hour.
Eye Health	Staring at screens all day takes a toll on our eyes. Try to have looking away from your screen every 20 minutes. Check out other eye strain reduction tips in the link below.
Schedule Sleep	Keep a scheduled bedtime and wake up time to ensure you're getting enough sleep and staying on a regular schedule.
Workout Plan	Make a plan for your week of exercise to hold yourself accountable. Try to incorporate variety in types of exercise and intensity (aim to include low, moderate, and high intensity workouts).
Workout Class	If you can't get outside (or just to mix up the walks/runs/bikes) try doing a workout class video in your home. Many require no equipment or you can improvise with items around you. Backpacks and bags filled with books or pantry items can be a great way to add resistance to body weight exercises.
Outdoor Cardio	If you're inside all day, getting in your exercise outside is a great way to get some fresh air. Cardio keeps your heart strong and there are plenty of forms it can take. Log this when you get outside for a walk, run, bike, or ...?
Yoga at Home	There are tons of great yoga instructors and classes you can find online. Grab your mat (or improvise on a rug) and start your practice.
Stretch	Taking time to stretch is important even if you aren't extremely active. Take this time to do something good for your body and you'll definitely feel better after.
Meal Prep	Meal prepping is an effective way to manage portions and ensure you have healthy meals ready for you. Preparing food ahead of time will leave you with more time to relax during your lunch break and eat slower.
Meal Times	Although it may be tempting to graze the day away with your kitchen right there, stick to set meal and snack times.
New Recipe	Although it may be tempting to graze the day away with your kitchen right there, stick to set meal and snack times.
Keep It Colorful	You want to have every color of the rainbow in your diet. For a short term goal, try to eat three (non-white) colors of food every day.



Partner Content

Diversity & Inclusion



the
diversity
movement



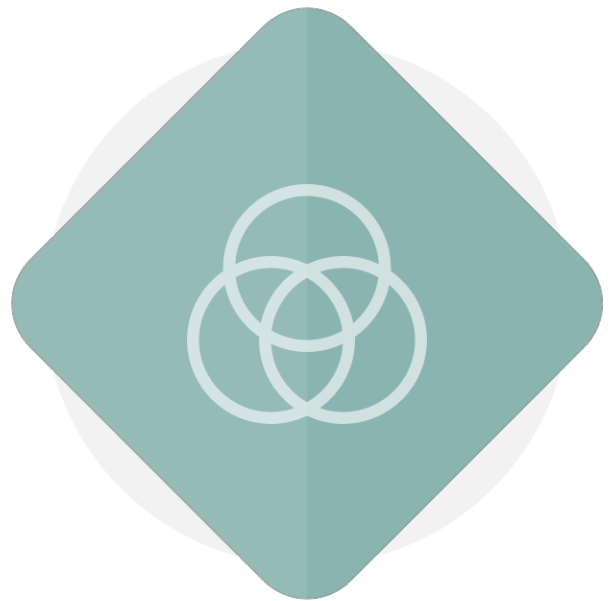
JouleBug
ENTERPRISE

Diversity & Inclusion

Engage with DEI and create ongoing opportunities to experience the power of inclusion. TDM's Diversity & Inclusion theme cements inclusion practices through fun and thoughtful actions.

Categories:

- Awareness
- Experience
- Intervention
- New Perspective
- Social Good



Total Actions: 30

Approximate Word Count: 1000



Diversity & Inclusion Actions

(The Diversity Movement)

Name	Description
Connect With Others	Many of us feel the need to discover more. Host a virtual meeting with a few close friends to discuss a book, podcast or other diversity-focused resource and what you learned.
Consciously UNbiased	Our biases are triggered by a variety of things and although biases are unavoidable, we can be cognizant of our thought processes and monitor our actions. Log this if you paused to consider if you were exhibiting a situational bias.
Considering Navigation	Use this checklist as you navigate your day. Spend your day thinking about navigation for people with disabilities. Are there appropriate parking spaces? Walk the ramps, use the automatic door openers. Are there sufficient restroom facilities?
Cook a New Recipe	Our cultural dishes map who are, where we come from, and what happened to us along the way. Travel without leaving your kitchen. Cook an authentic recipe from a culture other than your own and try new preparation styles, ingredients and flavor combinations.
Coworker Lunch	Proximity breeds empathy. Take a coworker you don't know well to a socially-distanced or virtual lunch. Ask what experiences have shaped them into who they are today. You might be surprised to find things you have in common and things you can learn from discussing your experiences!
Cultural Competence	Cultural competence describes the skills, values and principles that acknowledge, respect and work towards optimal interactions between you and others. Complete a cultural competence checklist (on.asha.org/comp-assess) to heighten your awareness of cultural issues.
Cultural Institution	Visit a cultural institution virtually, such as an online museum exhibit, art gallery, theatre, public library, archive or festival and learn about the rich history of a culture through its arts scene.
Different Faith	Religion is an important part of culture for many. To better understand a person's motivations, understand their faith. You'll find that generally people appreciate a willingness to be open to new experiences. Attend a virtual religious service of another faith.
Diversity Event	Society is becoming increasingly diverse. Learn more about why people, businesses and organizations are prioritizing diversity and inclusion and gain best practices in your diversity journey. Attend a virtual Diversity event.
Explore a New Idea	Podcasts are a great way to quickly learn about a new idea. Find an interview with an author or podcast from a diversity expert and learn a new way to think about others' perspectives.
Greeting	A smile is universally positive in any language or culture. Go out of your way to greet someone who looks like they may be having a bad day, whether on a Zoom call or from behind your mask.
Implicit Bias Exercise	Everyone has unconscious biases. These learned stereotypes are automatic, unintentional, deeply ingrained, and have the ability to affect our behaviour toward others. Do an implicit bias test to begin to uncover your unconscious bias.
Intervene	Being an ally means speaking up when others can't, won't or are not in the room. When you intervene in situations of discrimination and bias, you make your entire workplace or community culture stronger!
LGBTQ+ Ally Event	Did you know that more than 40% of the LGBTQ+ community feels closeted at work? Support living an authentic life. Attend a Pride event or virtual allyship training and become an ally out loud.
Make a Friend	Participate in an activity that allows you to make a friend who would not generally be in your in-group. Join a virtual or outdoor club, take an online class and open yourself up to new experiences and people you might not otherwise meet.



Diversity & Inclusion Actions cont.

(The Diversity Movement)

Name	Description
New Language	There are about 6500 languages spoken worldwide. Find common ground. Take an introductory course on a new language via online program and bridge the language barrier with basic courtesies in your community.
New Perspective - Book	It's not easy to empathize with people you don't know. But through the written word, you can experience a life journey, learn about their struggles and understand how they overcame challenges. Read an autobiography by an inspiring person of another race.
New Perspective - Magazine	Magazines provide a good cross-section of topics, issues and perspectives that resonate with a specific demographic. Purchase and read a magazine (or e-magazine) designed for a different audience, such as Black Enterprise, US Veterans Magazine, Global Woman, etc.
New Perspective - Movie	People of color have historically been underrepresented in film for significant roles and production funding. Watch a highly-rated movie with a culturally diverse cast.
New Perspective - News	Politics is where people often draw a line on one side or the other. Broaden your perspective and practice thoughtfully listening to opinions that challenge your point of view. Watch a show on the "other" news channel.
New Perspective - Speech	Attend a virtual speaking event of someone who has a different life experience than you. They'll share their experiences, challenges and motivations in becoming who they are and you'll gain insights and inspiration to help you along your own life journey.
Privilege for Good	As allies, it's important that people with more privilege (regardless of where the privilege stems from) help those with less privilege. Use your privilege to provide access and opportunities for others. It can be as simple as a virtual 30-minute cup of coffee to provide insights with an intern or a job referral or volunteering at an organization that serves underrepresented communities. Use your privilege for good.
Protest for Equality	Whether an ally or a member of an identity group, it's important to stand for equal rights for all. Participate in a protest for an equality cause. Don't forget your mask!
Screen Reader	There are 285 million people in the world who are visually impaired. Spend an hour using a screen reader that renders text to speech and start exploring accessibility resources that assist coworkers and friends in their everyday life.
Support Local	Starting a business is hard. Culturally diverse businesses don't always have access to equal funding opportunities that help their businesses grow. Patronize or order online from a small business of an underrepresented group and support their goal of successful business ownership.
Try a New Meal	It's been said that the way to the heart is through the stomach. Try a meal of a new ethnicity to experience culture through food.
Volunteer	It's not always easy to put yourself in someone else's shoes. Volunteer for or donate to an organization of a different demographic to explore the experiences of people different from you. (For example, schedule a virtual meeting with an older adult if you are a millennial, or donate to a soup kitchen if you are affluent.)

