



# Summer Wellness Challenge

"The greatest wealth is HEALTH."

# JUNE

the



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

How many days can you exercise for 30 minutes or more? How about complete a wellness activity (see back)? The YMCA is encouraging you to exercise for 30+ minutes and complete wellness activities as many days as possible during the summer challenge.

Use this calendar to check mark the days you exercise for 30+ minutes and/or complete a wellness activity. **Each check box counts as one point.**

Workouts can take place ANYWHERE. You can start this challenge at any time during 6/20-7/31.

**2 max points per day!**

- 30-44 points earns Y swag voucher
- 45-59 points earns T-Shirt
- 60-84 points earns Infused Y Water Bottle

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Check box your daily completed goals!	30+ Min 1+ Wellness <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>				
Challenge begins 6/20!	20 <input type="checkbox"/> <input checked="" type="checkbox"/>	21 <input type="checkbox"/> <input checked="" type="checkbox"/>	22 <input type="checkbox"/> <input checked="" type="checkbox"/>	23 <input type="checkbox"/> <input checked="" type="checkbox"/>	24 <input type="checkbox"/> <input checked="" type="checkbox"/>	25 <input type="checkbox"/> <input checked="" type="checkbox"/>
26 <input type="checkbox"/> <input checked="" type="checkbox"/>	27 <input type="checkbox"/> <input checked="" type="checkbox"/>	28 <input type="checkbox"/> <input checked="" type="checkbox"/>	29 <input type="checkbox"/> <input checked="" type="checkbox"/>	30 <input type="checkbox"/> <input checked="" type="checkbox"/>		
<b>Prizes:</b>		<b>30-44 points</b> 	<b>45-59 points</b> 	<b>60+ points</b> 		

Don't forget to turn your calendar into the front desk following the challenge by August 5<sup>th</sup>!

# Summer Wellness Challenge

"Make yourself a priority."

# JULY

the



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Challenge ends 7/31!				1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	<b>Prizes:</b>	<b>30-44 points</b> 	<b>45-59 points</b> 	<b>60+ points</b> 	<div style="background-color: #0070C0; color: white; padding: 5px; border-radius: 10px;">                     Don't forget to turn your calendar into the front desk following the challenge by August 5<sup>th</sup>!                 </div>	

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# WELLNESS: the state of being in good health, especially as an actively pursued goal.



Compliment someone
Write a thank you letter to someone you appreciate
Write out a blessing and put it somewhere visible everyday
Do something kind for someone
Do something that makes you laugh
De-clutter/reorganize for 10+ minutes
Read for 20+ minutes
Write down your thoughts for 15+ minutes
Watch a documentary
Complete a puzzle
Do 30+ minutes of aerobic activity (cardio)
Get 7-8 hours of sleep at night
Eat the recommended amount of fruits and veggies
Drink 8 glasses of water (approx. 64+ ounces)
Do 20+ minutes of strength training
Help a stranger
Volunteer for 30+ minutes
No phones/tablets during meal time
Go to the movies with a friend
Talk to a friend about areas of struggle
Meditate and/or stretch for 15+ minutes
Say a prayer
Eliminate a bad/unhealthy habit
Take a quiet nature walk
Go to a yoga class at the Y

**Week 1: Emotional Wellness-** the ability to learn and grow from experiences through self-care, relaxation, stress reduction, and development of inner strength

**Week 2: Intellectual Wellness-** is engaging the individual in creative and stimulating mental activities to expand their knowledge and skills and help them discover the potential for sharing their gifts with others

**Week 3: Physical Wellness-** the ability to maintain a healthy quality life while promoting proper care of our bodies for optimal health and function

**Week 4: Social Wellness-** the relationships we have and how we interact with others

**Week 5: Spiritual Wellness-** relates to one's sense of purpose, life's meaning, and our relationship to other people and our self-awareness to these things

**Week 6: You Pick-** from any of the activities from weeks prior!

**30 MAX points total — but we encourage you to complete them as many times as you can!**

We often forget wellness is not just physical, it encompasses several dimensions; each of them equally as important!

Complete 1+ wellness activities each day, as many days as possible. You might notice you are stronger in some dimensions than others. We encourage you to try to get out of your comfort zone and explore all dimensions.

## Summer Wellness Challenge FAQ

**Do I have to do each activity once?**

-Each week is themed (emotional, social, physical, intellectual, spiritual, etc.). The list of activities are listed on the back of the calendar color coded for each week. You can do any of the activities listed for that week/color or repeat activities for that week! 1 max activity point per day = 1 activity completed.

**If I exercise for an hour one day, will I get 2 points?**

-No, but you will check the box that you completed your exercise for the day! 1 point max for 30+ min of exercise per day.

**If I complete two wellness activities in one day, will I get 2 points?**

-No, but we encourage you to complete as many as you would like! You will max out at 1 point per day for wellness activities. Choose one, or complete several as extra bonus for yourself 😊

**What should I do the last week (you pick week)?**

-Choose **ANY** activity from the entire list from weeks prior and complete as many days as you can!

**When do I pick up my prizes?**

-You will submit your calendar for June/July at the end of the challenge (by August 5<sup>th</sup>) to the front desk. Prizes will be available for pick up at the front desk starting 8/10!

Checkboxes are available and colored on the calendar to easily mark off the days you complete 30 minutes of exercise and/or a wellness activity. We encourage you to complete as many as you would like daily but you will max out at 2 points per day (1 point for 30+ min and 1 point for wellness activity) and 10 max points per week.