

# Daily 30

How many days can you exercise for 30+ minutes? How about complete a wellness activity (see back)? The YMCA is encouraging you to exercise for 30+ minutes and/or complete wellness activities as many days as possible during the month of July!

Use this calendar as a guide to track your exercise for 30+ minutes and/or track your wellness activities. **Track your exercise/activities through the YMCA Universal App!**

Workouts/activities can take place ANYWHERE. You can start this challenge at any time during 7/1-7/31.

**1 point per wellness activity or 30+ min workout completed.**

**1 point MAX per day. You can choose a workout, wellness activity or both!**

- 1-14 points earns Y wristband
- 15-24 points earns Y wristband & challenge T-Shirt
- 25+ points earns Y wristband, challenge T-Shirt & Y Swag Voucher

“Make yourself a priority.”



# JULY

the

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Challenge ends  
7/31!

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1-14 points

15-24 points

25+ points

Prizes will be awarded at the end of the challenge! Pick up at the front desk after August 7<sup>th</sup>!

# 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 30+ minutes
- Read for 30+ minutes
- Write down your thoughts for 30+ minutes
- Watch a documentary
- Track your food for the day
- Complete a puzzle
- 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 30+ minutes
- Say a prayer
- Eliminate a bad/unhealthy habit
- Take a quiet nature walk
- Go to a yoga class at the Y

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

**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

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

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

**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

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

**Complete a wellness activity as many days as possible while understanding emotional, intellectual, social and spiritual wellness are all equally as important as our physical health! 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.**

Please use the YMCA Universal App to log your activities along with your workouts!