

Daily 30

"Make yourself a priority."

JULY



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 Y360 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 Chapstick or decal
- 15-24 points earns Y magnet
- 25+ points earns Y Swag Voucher

Challenge ends 7/31!	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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				

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



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 Y360 app to log your activities along with your workouts!

Log your activities/exercise each day in the app!