

2021

Summer Wellness Challenge

Below you will find a game board with 25 different challenges designed to help you stay healthy this summer. From May 5 – August 13, try to complete as many of these challenges as you choose. I'd love for you to share your photos of these challenges with me. I'll be pulling them together for the return of the Wellness Wednesday series this fall.

Time to Eat	Stress Less	Physical Wellness	Adventure	Self-Care
Try a healthy recipe	Meditate for 10 minutes	Go for a 30 minute walk, 3 days this week	Visit a State Park	Get 7-9 hours of sleep at least 3 nights this week
Drink 64 oz of water every day for a week	Perform a random act of kindness	Walk 10,000 steps in one day	Try a new activity or hobby	Do something kind for you! (Random act of kindness for yourself)
Eat 3 servings of vegetables every day for a week	Take a 24 hour break from social media	Challenge a friend to be active with you	Visit a farmer's market or local farm	Spend 30 minutes doing something you enjoy.
Eliminate an unhealthy food or drink choice this week	Plant something and watch it grow.	Do something active that you enjoyed when you were younger	Find water (waterfall, creek, river, lake, ocean, stream)	Connect with someone who brings you up.
Eat local! (Local produce or local restaurant)	Find a rainbow or interesting shape in the clouds	Choose your own physical wellness activity!	Volunteer!	Organize your space or declutter