

Summer of Wellness



JUNE CHALLENGE

Get 150 minutes of moderate exercise each week.

HERE'S HOW YOU CAN GET IT DONE: Take a brisk 30-minute walk around the block five days a week. You could also go for a bike ride around the park or a quick swim. Outdoor activities like mowing the lawn also count.

EXERCISE TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Activity: 1 Duration:	Activity: 2 Duration:	Activity: 3 Duration:
Activity: 4 Duration:	Activity: 5 Duration:	Activity: 6 Duration:	Activity: 7 Duration:	Activity: 8 Duration:	Activity: 9 Duration:	Activity: 10 Duration:
Activity: 11 Duration:	Activity: 12 Duration:	Activity: 13 Duration:	Activity: 14 Duration:	Activity: 15 Duration:	Activity: 16 Duration:	Activity: 17 Duration:
Activity: 18 Duration:	Activity: 19 Duration:	Activity: 20 Duration:	Activity: 21 Duration:	Activity: 22 Duration:	Activity: 23 Duration:	Activity: 24 Duration:
Activity: 25 Duration:	Activity: 26 Duration:	Activity: 27 Duration:	Activity: 28 Duration:	Activity: 29 Duration:	Activity: 30 Duration:	

YOUR NAME: _____

Summer of Wellness

The Summer of Wellness is back for 2017, and this year, we're doubling your chances for some awesome prizes. Here is how you can participate:

CHALLENGE 1: SUBMIT A PHOTO

Show us how you are taking care of your mind, body, and spirit this summer. Just take a photo that illustrates what wellness means to you and send it to knews@ketteringhealth.org. Each photo counts as one entry into a raffle drawing, with one winner randomly selected each month.

CHALLENGE 2: IMPROVE YOUR WELLNESS

Use the summer months as a time to develop new healthy habits. Each month, we'll release a special tracking sheet you can use to complete challenges like drinking more water or taking walks outside. Send your completed tracker to knews@ketteringhealth.org at the end of each month. One winner will be randomly selected each month.

JUNE-EXERCISE

Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week.

JULY-NUTRITION

Drink a glass of water every day before eating breakfast.

AUGUST-MINDFULNESS

Dedicate 5-10 minutes to daily devotion or meditation, focusing on how many things you can be thankful for in your life.

Visit ketteringhealth.org/bewell for more information.

