

# SUMMER

## Recharge Challenge



Recharge your wellbeing this summer with simple activities that help you move more, get outdoors, unplug, and connect with others. Complete activities throughout the challenge, track your progress, and earn Wellbeing Tickets for your chance to win rewards.

### SUMMER FUN

- CREATE A SUMMER BUCKET LIST
- TAKE A PHOTO TO CAPTURE SUMMER MOMENTS & MEMORIES
- TRY A HEALTHY SUMMER RECIPE
- GO TO AN OUTDOOR MOVIE NIGHT
- SPEND A SUMMER NIGHT AROUND A BACKYARD FIRE ROASTING S'MORES.
- ATTEND AN OUTDOOR CONCERT OR FESTIVAL
- TAKE A MINI VACATION DAY & DO SOMETHING CLOSE TO HOME

### SOAK UP THE SUNSHINE

- TAKE A 20-MINUTE NATURE WALK
- GO BERRY PICKING OR VISIT A LOCAL ORCHARD
- WATCH A SUNRISE OR SUNSET
- EXPLORE A LOCAL PARK OR TRAIL
- GO STARGAZING ON A CLEAR SUMMER NIGHT
- ENJOY A SUMMER PICNIC IN THE FRESH AIR
- VISIT A LOCAL FARMERS MARKET

### UNPLUG & RESET

- SPEND ONE HOUR SCREEN-FREE
- SPEND 15 MINUTES DOING A BRAIN GAME OR CREATIVE ACTIVITY
- HAVE A SCREEN-FREE SUMMER EVENING WITH FAMILY OR FRIENDS
- PAUSE FOR A ONE-MINUTE BREATHING BREAK DURING YOUR WORKDAY
- READ 20 MINUTES BEFORE GOING TO BED INSTEAD OF SCROLLING SOCIAL MEDIA
- SPEND QUALITY TIME WITH YOUR PET
- START YOUR MORNING WITHOUT CHECKING EMAIL OR SOCIAL MEDIA

### MOVE & REFRESH

- CHALLENGE YOURSELF TO REACH A STEP GOAL FOR THE DAY
- COMPLETE A MORNING STRETCH
- TRY A NEW SPORT OR ACTIVITY LIKE PICKLEBALL, KAYAKING, OR PADDLEBOARDING
- PARTICIPATE IN A LOCAL WALK, RUN, OR FITNESS EVENT
- GO FOR A WALK WHILE LISTENING TO YOUR FAVORITE PODCAST
- PLAY A BACKYARD GAME LIKE CORNHOLE, FRISBEE, OR LADDER TOSS
- TAKE A FAMILY WALK, BIKE RIDE, OR OUTDOOR ADVENTURE