

# JULY 2020

## DAILY WELLNESS CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> Join Recreational Sports' <u>Hokie Employee Movement Club</u>	<b>2</b> Check in on loved ones who are less tech-savvy, and offer support	<b>3</b> Make sure that you are registered to vote	<b>4</b> Keep an extra bottle of sunscreen in your car or a bag that you carry with you
<b>5</b> Put together and send a care package to someone	<b>6</b> Plan three self-care activities for yourself this week	<b>7</b> Stay active while working at your desk with a <u>chair yoga</u> exercise	<b>8</b> Share a special poem, story, or song with a loved one	<b>9</b> Take a break away from your phone for one hour today	<b>10</b> Attend a local government meeting and learn about community issues	<b>11</b> Look into loan refinancing options while rates are low
<b>12</b> Save money on fuel by making sure your tires are properly inflated	<b>13</b> Pick out a few ways to <u>make your living space more energy efficient</u>	<b>14</b> Share a positive news article with someone	<b>15</b> Recognize three of your recent accomplishments, big or small	<b>16</b> View the Perspective Gallery's virtual art exhibit, " <u>Medicine Show</u> "	<b>17</b> Sign up for a checking or savings account with benefits	<b>18</b> Spend ten minutes journaling this morning
<b>19</b> Create an encouragement board at home or work	<b>20</b> Stretch before bed and when you wake up each day this week	<b>21</b> Have a fresh, ripe stone fruit for dessert and savor the taste of summer	<b>22</b> Publicly recognize a colleague's hard work	<b>23</b> Spend some time outside in nature today; <u>it's good for your mental health</u>	<b>24</b> Buy locally sourced and produced items whenever possible	<b>25</b> Spend time collecting and organizing your favorite recipes
<b>26</b> Create a meal using only what you have in the pantry	<b>27</b> Teach someone a new skill	<b>28</b> Make drinking water more fun by making <u>infused water</u>	<b>29</b> Make a list of three things you love about yourself	<b>30</b> Switch to a reusable bottle	<b>31</b> Make a meal using a fruit or vegetable that you've never tried before	

Congrats! You made it through July.  
For more ways to stay well throughout the year, visit:  
<https://www.hokiewellness.vt.edu>