

EFFICIENT EXERCISE JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Welcome to July A new month is a great time for a fresh start! We have some great tips this month to help maximize your day.	2  Maximize Your Workout Join us today at Noon CT to find out how to get the most out of your workout in the shortest amount of time.	3 UV Safety It's UV Safety Awareness Month! Be sure to practice sun safety by using sunscreen or wearing protective clothing when you're outdoors.	4 	5 Functional Fitness Grab a yoga mat and some dumbbells and enjoy the weather with an outdoor workout. BONUS: You'll get a boost of Vitamin D.
6  Time Block Your Day Allocate specific times for workouts, meals, work, and rest. Treat workouts like appointments so you're less likely to skip.	7 "Love yourself enough to live a healthy lifestyle."	8 Furry Friends Grab a leash and take your dog for a walk! Both you and your pooch will benefit from the extra steps.	9 Simple Swaps Swap mayo or ranch with avocado for a creamy, healthy boost to sandwiches, salads, and veggies.	10  Out of Office Don't waste your vacation days. Plan a long weekend getaway to recharge with friends or family this summer.	11 Walk and Talk On a call? Walk while you talk—or turn meetings into walking ones to sneak in more steps.	12 Mental Health Boost your mood this summer by getting outside! Sunlight helps increase serotonin for better mental health.
13 Keep it Fresh Hit the farmers market for fresh produce and local goods. Sneak in some extra steps while you shop!	14 Set Clear Goals One easy way to stay motivated on your fitness journey is by setting attainable goals. Start small and work your way up!	15  Stick to a Routine Aim to wake up at the same time every day to maintain a consistent routine. This can support the development of healthy habits.	16 Switch it up! Getting bored with your meals each week? Try something new! Check out our blog for a new recipe.	17 Live Well Work Well Grab the July Live Well newsletter, Work Well today to find new ways to stay well plus a new recipe!	18 Healthy Snacks Plan to have healthy snack options on hand like almonds, yogurt, popcorn, or fresh fruit and veggies.	19 "Your life doesn't get better by chance. It gets better by change."
20  Quality Time Spend some extra time with your family or friends while incorporating movement. Go for a walk, hike, or hit up a workout class near your home!	21 Simple Swaps Go Greek! Greek yogurt is a great alternative to classic yogurt. Add more probiotics and protein to your diet by swapping your yogurt for Greek yogurt.	22 Do Not Disturb Cut distractions by setting times to check email and socials. Use the 'Do Not Disturb' mode to stay focused.	23 Ditch the Car Save yourself the parking hassle and walk or bike to your destination. If you drive, park farther away to sneak in extra steps!	24 International Self Care Day Take some time for self-care today, whatever that may look like.	25 Write it Down Journaling can help you process emotions, boost mental health, and stay focused on your goals.	26  Tune into Fitness Don't skip your show—stay active with yoga, light weights, or walking on a treadmill while you watch!
27 "Success is not an activity but a process."	28 Take a Break Take a 10-minute break to walk, stretch, or do bodyweight movements. This is a quick way to boost your energy!	29 Social Accountability Join a fitness group or find a workout buddy to stay motivated and on track.	30 Unplug to Reset Skip the morning scroll and late-night phone time. You'll gain extra hours to focus on your goals!	31 Last Day of July Look back at all you have accomplished this month and be proud of your progress, big or small.	 HealthCheck360  @HealthCheck360	

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