

Keep Moving This July



Temperatures are heating up! It's a great time to take physical activity outdoors. Here are a few ideas to keep you moving:

- Head out to the lake for kayaking or paddle boarding
- Take a hike through a state or national park
- Play catch, basketball, soccer, or volleyball
- Practice yoga in the morning when it is a little cooler
- [Stay safe all summer with these tips](#)

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Stay in the know! Join the cu_wellness@creighton.edu list serve and/or like our Creighton Employee Wellness Facebook page</p> 	 <p><i>We believe in the Jesuit value of cura personalis: care of the whole person.</i></p>	<p>1 Don't forget your sunglasses and sunscreen when you are outside.</p> 	<p>2 Working from home can be stressful – take a break every hour and try stretching</p>	<p>3 Farmers' Markets are open. https://omahafarmersmarket.com/</p> 	<p>4 Enjoy the Independence Holiday safely Check out Fireworks Safety</p> 	
<p>5 Grateful to live in a free country? What other things make you feel grateful?</p> 	<p>6 Enjoy a cup of blueberries for breakfast. They are nutrition packed and yummy.</p>	<p>7 WORLD CHOCOLATE DAY</p>  <p>Eat dark chocolate!!!</p>	<p>8 On your lunch break, try a quick circuit (x2) of 10 squats, 10 pushups and 10 sit-ups.</p>	<p>9 Salads are a perfect for summer! Check out 37 easy, colorful options.</p> 	<p>10 National Kitten Day—cats can lower your stress & anxiety. Consider visiting an animal shelter.</p>	<p>11 Try camping in your backyard! Pitch a tent with the family!</p> 
<p>12 Eat in color! Fill your lunch and dinner plates with food in different colors.</p>	<p>13 Be safe when exercising in the summer</p> 	<p>14 Take your breakfast outside for a picnic before it is too warm.</p> 	<p>15 Visit Lauritzen Gardens and enjoy the outdoor beauty</p> 	<p>16 Turn your afternoon walk into a scavenger hunt. How many blue items can you find?</p>	<p>17 Take a vacation or a long weekend getaway to one of the beautiful national parks.</p>	<p>18 Fresh and tasty! The 7 best herbs for container gardening.</p> 
<p>19 National Ice Cream Day—get your calcium & enjoy a scoop!</p> 	<p>20 National Moon Day—summer is a great time to look at the night sky!</p>	<p>21 Finding it hard to stay hydrated? Try these tips!</p> 	<p>22 Get creative with outdoor movement. Try a new outdoor sport or yard game.</p>	<p>23 Cool off with a fresh fruit frozen treat.</p> 	<p>24 Show your gratitude for others with a compliment to each person today.</p>	<p>25 Are you going out to eat this weekend? Challenge yourself to try something new.</p>
<p>26 Quote to ponder: "Balance is not something you find, it's something you create."</p>	<p>27 Start the morning with a quick walk outside when it's cooler temps!</p> 	<p>28 Life can be stressful. Take extra time for self-care this week.</p> 	<p>29 Achieve a healthy body weight, improved concentration with sleep!</p>	<p>30 Make dinner fun and add color to your meals. Pick a color and see how many items you can fit on your plate.</p>	<p>31 National Avocado Day</p>  <p>High in Omega-3</p>	