










## Get Outside this July!

Summer is a great time to get outside and be active. Going for a walk, biking to the pool, or simply having a BBQ can have many positive impacts on your wellbeing. Play it safe with these tips:

- Find shade when you can, especially midday when the temperature is at its highest.
- Use protective clothing/devices (i.e. hats, sunglasses, etc.)
- Always wear sunscreen (at least SPF 15), and reapply every 2 hours.

## July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Move It:</b> Walk within Aksarben Village and discover it	2 <b>Try It:</b> Find a new recipe to try.	3 <b>Calm It:</b> Find a “feel good” movie to watch with the family	4 <b>Independence Day!!</b> <b>Move it:</b> Walk to a park to enjoy some fireworks!	5 <b>Calm It:</b> Benson Summer Artist Market <a href="#">Benson 1st Friday</a>	6 <b>Summer Break Challenge</b> <input type="checkbox"/> Moved It <input type="checkbox"/> Tried It <input type="checkbox"/> Calmed It
7 <b>Try It:</b> Aksarben’s Farmers’ Market 9 am to 1 pm for the latest produce	8 <b>Move It:</b> Take the stairs 	9 <b>Calm It:</b> What are you grateful for? Write it down!	10 <b>Move It:</b> Help your neighbor pull weeds or mow their lawn	11 <b>Calm It:</b> Attend <a href="#">Jazz</a> on the Green in Turner Park at 6:30 pm	12 <b>Try It:</b> Grill New Veggies 	13 <b>Summer Break Challenge</b> <input type="checkbox"/> Moved It <input type="checkbox"/> Tried It <input type="checkbox"/> Calmed It
14 <b>Calm it:</b> Find downtime to listen to your favorite music	15 <b>Try It:</b> try a healthier twist on ice cream made with <a href="#">bananas!</a>	16 <b>Move It:</b> Walk to the Bob Kerry bridge & take a pic- one foot in Iowa/one in NE	17 <b>Move It:</b> Yoga at Fontenelle Forest 	18 <b>Try It:</b> Plant Powered Cooking Demo 12:30 p.m. Cardiac Center	19 <b>Calm It:</b> Find a quiet place to read or listen to a podcast	20 <b>Summer Break Challenge</b> <input type="checkbox"/> Moved It <input type="checkbox"/> Tried It <input type="checkbox"/> Calmed It
21 <b>Move it:</b> Do Yard Work 	22 <b>Calm It:</b> Meditation with <a href="#">Coloring Pages</a>	23 <b>Move It:</b> Walk your neighborhood after dinner.	24 <b>Try it:</b> Visit the Farmer’s Market in Papillion for fresh produce, 5-8 p.m.	25 <b>Calm It:</b> Take 5 minutes in the AM & PM to breathe and relax.	26 <b>Calm It:</b> Cheer on the <b>Omaha Storm Chasers</b> @ 6:35 PM & enjoy fireworks	27 <b>Summer Break Challenge</b> <input type="checkbox"/> Moved It <input type="checkbox"/> Tried It <input type="checkbox"/> Calmed It
28 <b>Calm It:</b> Unplug from Tech 	29 <b>Move It:</b> Beat the heat; take a lunchtime walk in the Rasmussen Center	30 <b>Try It:</b> Add a new fruit or vegetable to your grocery cart – try it! 	31 Happy St. Ignatius Day! 	 <i>We believe in the Jesuit value of cura personalis: care of the whole person.</i>		
<b>Stay in the know!</b> Join the <a href="mailto:cu_wellness@creighton.edu">cu_wellness@creighton.edu</a> list serve and/or like our <a href="#">Creighton Employee Wellness Facebook</a> 				<i>Independence Day is a day for celebration and fun, but can also lead to fireworks injuries. Check out fireworks safety tips from the National Safety Council <a href="#">here</a>.</i>		