

Wellness



July 15th - August 16th

Make a healthy lunch today	Take a walk just to relax	Eat an extra serving of vegetables today	Stretch for 10 minutes before bed	Take 10,000 steps in one day
Stretch your legs for 10 minutes	Do a deep breathing exercise	Do a 30 minute workout	Hydrate! Drink 64oz of water today	Compliment a coworker today
Take a 10 minute brisk walk	Get Some Fresh Air & Sunshine: Go Outside for 15 Minutes	FREE SPACE	Eat an extra serving of fruit today	Take a break from technology
Do a deep breathing exercise	Do a 30 minute workout today	Stretch your arms for 10 minutes	Take 8,000 steps in one day	Cut your sugar intake in half today
Stretch your neck and shoulders for 10 minutes	Hydrate! Drink 64oz of water today	Take the stairs or park further away in the parking lot	Eat an extra serving of vegetables today	Get a good night's sleep

Take small steps towards a healthier lifestyle!

If you need a pedometer, you can get one from the Wellness Office

BINGO Directions:

1. Fill out the entire card for a blackout
2. Complete one square per day for 5 weeks
3. When you complete a square, mark it off by putting the date on that square (eg: June 25th or 6/25)
4. Turn in your completed BINGO card by **Tuesday, August 20th** for a prize plus get your name entered into the drawing for one of the 3 main prizes!

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Deep breathing exercises: Helps to relieve shortness of breath by preventing air from getting trapped in your lungs and to breathe in fresh air. It may help you to feel more relaxed and centered.

Belly Breathing:

- Take 5 deep breaths in through your nose for the count of 3, filling your belly up with air.
- Breathe out through your mouth for the count of 5, blowing your air all the way out.

Deep Breathing:

- While standing or sitting, draw your elbows back slightly to allow your chest to expand.
- Take a deep inhalation through your nose.
- Retain your breath for a count of 5.
- Slowly release your breath by exhaling through your nose.

Healthy Lunch Recipe Ideas:

Classic Chicken Salad:

- Chicken
- Mayonnaise
- Celery
- Slivered almonds
- Sliced grapes
- Dijon mustard
- Salt & pepper
- Serve on bread, with crackers or as a lettuce wrap

Spinach-Strawberry Salad with Feta and Walnuts:

- Baby spinach
- Sliced strawberries
- Crumbled feta cheese
- Toasted chopped walnuts
- Vinaigrette dressing

Cobb Salad with Chicken:

- Romaine lettuce
- Grape or cherry tomatoes
- Sliced cucumber
- 1 hard-boiled egg, sliced
- Chicken chunks
- Freshly ground pepper, to taste
- Blue cheese dressing