



# YOSEMITE NATIONAL PARK

*AUGUST 2021*

## *FITNESS & WELLNESS CHALLENGE*

**The Challenge:** Complete an average of 30 minutes of exercise every day **AND** complete all wellness activities listed on the August 2021 calendar

- Complete an **average** of 30 minutes of exercise a day. In other words, you may complete 20 minutes one day and 40 the next. Just be sure to complete at least 930 minutes of exercise by August 31. More is better!
- Exercise includes, but is not limited to outdoor activities such as walking, running, biking, swimming, and paddling, OR any individual exercise at your own home or property such as online/TV classes, stationary bike, treadmill, yoga, stretching, weightlifting, gardening, etc. The idea is to be physically active. Log your minutes on the calendar **AND...**
- Mark off and date each wellness activity on the calendar as you complete it. Activities do not need to be completed in the order presented even if the event is named after the day it falls on the calendar.
- Take care of yourself while participating! Temperatures can often reach the triple digits during August and we may experience degraded air quality due to local or regional wildfires. Please listen to your body, make sure you hydrate, and avoid outdoor exercise during the heat of the day or if there is degraded air quality.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Minutes: ____	2 <b>Give a Gift!</b> Write a card, send a photo, or provide an act of service to a friend in need. Minutes: ____	3 Prepare a healthy recipe you haven't tried before. Minutes: ____	4 Read a book for 15 minutes before you fall asleep tonight.  Minutes: ____	5 <b>Stretch Timer:</b> Stand up and stretch once an hour today! Minutes: ____	6 Limit looking at social media to less than 30 minutes today (unless it's your job). Minutes: ____	7 Minutes: ____
8 Minutes: ____	9 List five things that you are thankful for. Minutes: ____	10 Reconnect with a friend who you have not talked to in awhile. Minutes: ____	11 Take a walk on your lunch break.  Minutes: ____	12 <b>Brain Games</b> Do a crossword puzzle or Sudoku today Minutes: ____	13 Work hard and be kind today! Minutes: ____	14 Minutes: ____
15 Minutes: ____	16 Try something new! Listen to new music or watch a new documentary. Minutes: ____	17 <b>Take It Easy Tuesday</b> Give yourself grace today. Minutes: ____	18 Smile as often as you can throughout the day. Minutes: ____	19 Stretch or do yoga for 30 minutes today. Minutes: ____	20 <b>Photo Friday!</b> Take a photo of something outdoors and share it. Minutes: ____	21 Minutes: ____
22 Minutes: ____	23 Drink a glass of water first thing this morning. Minutes: ____	24 <b>LOL!</b> Watch a funny TV show, movie, or stand-up. Minutes: ____	25 Make a dinner that uses at least 3 types of vegetables. Minutes: ____	26 Explore a new place! Go for a walk on a trail you haven't been on before. Minutes: ____	27 Check on a neighbor or a co-worker and make sure they are okay. Minutes: ____	28 Minutes: ____
29 Minutes: ____	30 <b>Do Not Disturb</b> Take a five minute break today to close your eyes. Minutes: ____	31 <b>Hobby Day!</b> Do something you enjoy for 30 minutes. Minutes: ____	<b>Total Minutes for August</b> _____			