

# August

2022

Brought to you by: The Prevent Diabetes Workgroup

## Summer Fun Challenge

To participate complete the healthy activity for each day, check off each activity and submit completed activity sheet, your name and contact information (email to [devona@chronicdiseasenm.org](mailto:devona@chronicdiseasenm.org)) and receive a gift in the mail. June is the perfect month to enjoy the warm beautiful weather by getting outdoors and going for a walk or a hike. It is also a perfect month to cool off with a dip in the pool. Make it a family affair by planning a camping trip and getting more fresh air and physical activity. June is also an excellent month to indulge in delicious fruits and vegetables. Okay – let’s get started!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Walk around the block <input type="checkbox"/>	2 Eat fresh fruit <input type="checkbox"/>	3 Eat a veggie snack <input type="checkbox"/>	4 Try one new activity <input type="checkbox"/>	5 Eat a meatless meal <input type="checkbox"/>	6 Walk an extra 2,000 steps or an extra mile <input type="checkbox"/>
7 Get 8 consecutive hours of sleep <input type="checkbox"/>	8 Do 12 Knee lifts <input type="checkbox"/>	9 Take a family walk or go to park & play <input type="checkbox"/>	10 Substitute soda day <input type="checkbox"/>	11 Eat Fish Today <input type="checkbox"/>	12 Less screen time, walk 20 minutes <input type="checkbox"/>	13 Instead of ice cream drink a smoothie <input type="checkbox"/>
14 Between commercials-march in place <input type="checkbox"/>	15 Speedy side- step for two minutes <input type="checkbox"/>	16 Trade in all soda and drinks for more water! <input type="checkbox"/>	17 Complete 25 Jumping jacks <input type="checkbox"/>	18 Try a new bike or walking path <input type="checkbox"/>	19 Apply sunscreen to exposed skin <input type="checkbox"/>	20 Compliment someone today! <input type="checkbox"/>
21 Try a new recipe <input type="checkbox"/>	22 Park in the furthest parking spot <input type="checkbox"/>	23 Do 5 minutes of stretching <input type="checkbox"/>	24 Complete 10 wall push-ups <input type="checkbox"/>	25 Skip dessert for 24 hours <input type="checkbox"/>	26 Drink 64 oz. of water <input type="checkbox"/>	27 Calculate your Target Heart Rate <input type="checkbox"/>
28 Complete 12 abdominal crunches <input type="checkbox"/>	29 Do some yardwork <input type="checkbox"/>	30 Eat a healthy breakfast <input type="checkbox"/>	31 Stop and breath for 10 seconds – YOU DID IT!!! <input type="checkbox"/>			

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