



### **What is wellness?**

Wellness is a regular practice of activities, choices and lifestyle that lead someone to a state of complete wellbeing. It is achieving a balanced lifestyle that results in happier, healthier, less stressful lives.

### **What are the seven dimensions of wellness?**

Physical, emotional, intellectual, spiritual, environmental, social, and occupational

### **How can you add wellness to your life?**

Join the Family and Children's Center Challenge. For the month of **JULY**, for five days out of each week, complete one of the following wellness activities:

**Do 10 squats**

**Walk for 15 minutes**

**Practice a 5-minute mindfulness exercise**

**Try a new healthy recipe**

**Have lunch with another employee**

**Complete a word search or crossword puzzle**

**Stand up and stretch throughout your work day**

**Give yourself a positive affirmation**

**Organize something at home or school**

**Call a friend**



### **How to document the wellness activities that you have completed?**

Attached is a July calendar. Write down the activity that you did each day. After the end of the month, send the calendar to Carrie Bailey at [cbailey@fccnetwork.org](mailto:cbailey@fccnetwork.org) by August 10<sup>th</sup>. Each participant's name will be put into a drawing for a \$25.00 gift card to the food coop in their area: La Crosse, Viroqua, or Winona.

### **Coming in September:**

Have some of your healthy recipes in mind to share with your co-workers.

**“THE BODY ACHIEVES WHAT THE MIND BELIEVES”**