JULY 2021

Red, White, and Blue Yogurt Parfait

Ingredients:

- Frozen strawberries
- Vanilla Greek yogurt
- Frozen blueberries
- Granola

Procedure:

-Layer strawberries, blueberries, yogurt, and granola in a cup. If you have fresh fruit, it can be used instead of frozen berries. Enjoy!



SUN	MON	TUE	WED	THU	FRI	SAT
				l Set 3 goals to achieve this month	2 Make a new workout playlist	3 Eat a fruit or vegetable
4 Go for a 20-minute walk	5 - 10 sit-ups - 5 crunches - 5 leg raises	6 Hold a wall sit for 1 minute	7 -5 push-ups -5 chair dips -20 punches	8 Hold a plank for one minute	9 Take 10 minutes to silently reflect on your week	10 Try a new recipe for dinner that includes 2 vegetables
11 Go for a 25-minute walk	12 - 15 sit-ups - 10 crunches - 8 leg raises	13 Hold a wall sit for 1.5 minutes	14 -10 push-ups -10 chair dips - 30 punches	15 Hold a plank for 1.5 minutes	16 Spend at least 10 minutes doing something you love	17 Add a new fruit to your breakfast
18 Go for a 30-minute walk	19 - 20 sit-ups - 15 crunches - 12 leg raises	20 Hold a wall sit for 2 minutes	21 -12 push-ups -12 chair dips -35 punches	22 Hold a plank for 2 minutes	23 Spend 20 minutes on the beach enjoying the view or looking for sea glass	24 Drink 2 extra glasses of water
25 Go for a 35-minute walk	26 - 22 sit-ups - 18 crunches - 15 leg raises	27 Hold a wall sit for 2.5 minutes	28 -15 push-ups -15 chair dips -40 punches	29 Hold a plank for 2.5 minutes	30 Spend 15 minutes silently reflecting on this month and the goals you previously set!	31 Eat a vegetable with each meal

Name		_Date of Birth
Guardian's name (If under 18 <u>):</u>		
Your Community:		
Phone Number:	Address	

Do you want your incentive mailed ?Yes or No

Choose an Incentive:

- \circ \$10 Veggie Bucks for a CAMP Sponsored Produce Market
- $\circ~~$ 50% Nome Rec Center Monthly Pass Coupon
- o 5-Punch Nome Rec Center Pass
- Foods We Alaskans Enjoy Cookbook
- \circ $\,$ Water Bottle w/Water Timeline
- 30 Day Wellness Challenge Rules
- •Complete exercise/activity designated for each day of the month.

•You do not have to complete the exercises all at one time. For example: You can complete 15 mountain climbers in the morningtbat day and 20 in the evening of that same day.

- $\bullet {\sf Participants}$ under 18 years old $\underline{{\sf dmust}}$ get a parent or guardian to sign the calendar.
- •Return completed calendar to CAMP to receive a prize.

I understand and accept the element of risk of physical injury through participation in the Day Wellness Challenges. I further understand there is no medical insurance provided by the Norton Sound Health Corporation or its employees, volunteers, and sponsors for this program. I will assume is and I am aware that I shall be responsible for any and all medical costs that may arise from injury through participation in this program as well as any other unforeseen costs that be I release Norton Sound Health Corporation from and all liability, loss, damage, costs, claims or causes of action including but not limited to property damage or bodily injuries that may arise from this activity.

Participant or Parent/Guardian Signature (if under 18 years old):



Please return completed calendars to NSHC CAMP office or email wellness@nshcorp.org Questions: Call 4433365





Reference Sheet







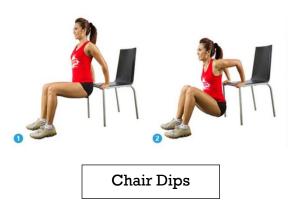
Crunches







Push-Up







Plank