

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

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Guardian's name (If under 18): \_\_\_\_\_

Your Community: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Address \_\_\_\_\_

Do you want your incentive mailed? *Yes or No*

Choose an Incentive:

- \$10 Veggie Bucks for a CAMP Sponsored Produce Market
- 50% Nome Rec Center Monthly Pass Coupon
- 5-Punch Nome Rec Center Pass
- Foods We Alaskans Enjoy Cookbook
- 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 morning and 20 in the evening of that same day.
- Participants under 18 years old must 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 30 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 risks 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 may arise.

I release Norton Sound Health Corporation from any 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 443-3365



JULY  
2021 

Reference Sheet



Sit-Ups



Crunches



Leg Raises



Wall Sits



Push-Up



Chair Dips



Air Punches



Plank