

SHARECARE CHALLENGES

JULY 2023

Summer is here and it's time to take advantage of all the season has to offer: warmer weather, longer days, vacation vibes, and seasonal fruits and vegetables. Over the next three months, try to move more, focus on healthy sleep habits, take some time for self-care, and enjoy produce at its peak, like avocados, cantaloupe, corn, cucumbers, beets, peaches and zucchini. Track your habits to monitor your progress and support your overall well-being. Remember, even small changes can lead to big results.

Continuing this Month...

Ready, Set, Summer Challenge
June 1, 2023 through August 31, 2023
Goal: Earn 75 Green Days

Small Steps, Big Strides Challenge
June 1, 2023 through August 31, 2023
Goal: Walk 300K Steps

Quench Your Thirst

Track diet for 31 days

This challenge runs July 1-31.

Up to 60% of the body is water. Staying hydrated ensures that your brain, heart, muscles, and other systems in your body work properly. Drinking enough water can also help you gain energy, maintain a healthy weight, and improve your complexion. Fluid needs may vary, depending on your gender, activity level, the weather, environmental conditions, and more! The Institute of Medicine recommends that adults get 9 to 13 - 8oz cups.

Beat the Heat

Track sleep for 31 days

This challenge runs July 1-31.

Most adults need 7 to 9 hours of shut-eye each night, but hot summer days can lead to sleepless nights. Your body temperature naturally starts to drop in the early evening. If your bedroom is too warm, it can disrupt your sleep and leave you feeling tired and groggy. Keeping your room cool and dark can help. It's also wise to avoid late-night exercise, take a shower or bath before bed, and opt for breathable bedding made of natural fibers, like cotton.

Change Your Mind

Track stress for 31 days

This challenge runs July 1-31.

The mind-body connection is a two-way street: How you think can affect how you're feeling, and how you feel can affect your thinking. Constant worry and stress over daily challenges can lead to physical issues, like pain, headaches, and digestive problems. But your mind can also have a positive effect on your well-being. Adopting a new perspective could help you gain resilience and bounce back when life takes a wrong turn.

Early Risers

Track 124K Steps

This challenge runs July 1-31.

Take advantage of the peacefulness, tranquility, and cooler temperatures at sunrise. Start your day with some fresh air and physical activity. A daily walk is a great low-impact exercise if you're trying to sit less and move more. An early morning walking routine can also improve your mood and set a positive tone for your day. This month, take at least 4,000 steps each day. (Roughly 2-mile walk.)

Summer Self-Care

Track for 31 days

This challenge runs July 1-31.

Many people will jump at the chance to help a friend or loved one yet they aren't as quick to give themselves the same treatment and practice self-care. Self-care may involve different things for different people. Anything you do to protect your mental, physical, or emotional health counts. Taking a coffee break, going for a walk, practicing yoga, going to bed earlier, or calling a friend are all examples of self-care.

For more information, go to mycare.sharecare.com and click the Achieve icon, then Challenges.



