

Celebrate Canada Day with friends and family. 1	Have a water fight! Balloons, hoses and buckets. 2	3	Strap on some wheels and go for a ride. 4	Avoid any processed, sugary foods. Candy, pop, pastries, etc. 5	6	Head to the library to find the perfect summer book. 7
Pack a picnic and head to the park. 8	9	Outdoor workout #1. Click here for details. 10	Drink at least 2 litres of water today. 11	Try out meditation, YouTube for guided tips. 12	Play board games and/or campfire games. 13	14
Plan your meals for the week. 15	Write down 5 things you are grateful for – read daily this week. 16	17	Get moving with friends at Broadmoor Lake. 18	19	Support the Food Bank at \$1 Hot Dog Day. 20	Walk it out in Edmonton's river valley. Bonus: add some stairs in. 21
Power off! Turn your phone, tv and computer off for 3 hours. 22	23	Try geocaching with some friends. 24	Get wet! Time to hit the pool – outdoor or indoor – go for a swim. 25	Pick up some fresh fruit and veggies from the farmers market. 26	27	Check out fireworks at K-Days. 28
29	Outdoor workout #2. Click here for details. 30	Have a movie night. 31				

July 2018

Choose wellness in all aspects of your life: **healthy eating** • **physical activity**
 • **social activity** • **emotional health** • **just for fun.**

August 2018

Choose wellness in all aspects of your life: healthy eating
• **physical activity** • **social activity** • **emotional health** • **just for fun.**

- 1 Choose all whole grains.
- 2 Journal 3 positive moments each day for the month.
- 3 Roast some marshmallows over the fire.
- 4
- 5
- 6 Try colouring with an adult colouring book.
- 7 Join the club or class you've been eyeing up.
- 8 Take your dog to the off-leash park.
- 9
- 10 Try a new recipe with a healthy new ingredient. Eg. eggplant
- 11 Check out the horse races at Northlands Park.
- 12
- 13 Fly a kite.
- 14 Outdoor workout #3. Click here for details.
- 15 Have a meatless day.
- 16 Connect with someone new on a personal level.
- 17
- 18 Take an afternoon nap.
- 19 Plan your meals for the week.
- 20 Check out a new show at the Fringe.
- 21 Learn about the waste system in Strathcona County.
- 22 Turn on some music and dance it out at home or class.
- 23
- 24 Go for a hike at the Strathcona Science Park.
- 25
- 26 Visit family you haven't seen in a while.
- 27
- 28 Up your fibre intake today to 35g.
- 29 Outdoor workout #4. Click here for details.
- 30 Give out 5 compliments today to different people.
- 31 Stargaze on a blanket in the grass.
-