# July 2023 City of Racine Wellness Calendar

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>25</td>
<td>26</td>
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**Notes**
- **QTR 3 step challenge (July - September)** - 150,000 steps per month minimum requirement. Raffle ticket for each month you complete step minimum requirement (max of 3 tickets). Submission of step totals must be submitted to HR by 1/10/2024.
- **Eat the Rainbow Challenge** - July 1 - July 31; Submit pictures to benefits@cityofracine.org by 8/4/2023.
- **Summer Time Wellness BINGO** - July 1 - July 31; Submit to HR no later than 8/4/2023.
- **Financial Wellness Webinar** - July 20th from 12pm - 1pm; virtual; registration link above.

**Nutrition Facts**

- **Bananas**: A rich source of fiber, which can help improve your digestion.
- **Sweet Potatoes**: A good source of vitamin A.
- **Eggs**: A great source of protein.
- **Avocados**: Contain a high level of fat (the good kind), which will keep you full longer.
- **Watermelon**: A salad.
- **Banana Pudding**: A great snack for a post-workout treat.
- **Swim 5 laps**: A great way to stay fit.
- **Epsom salt baths**: Can help lower blood pressure.
- **Go to the farmer’s market!**: A great way to support local farmers.
- **Eat at your favorite restaurant!**: A great way to treat yourself.
- **Relaxing Saturday - Plan a Movie Night!**: A great way to unwind.

**Other Notes**

- **National Ice Cream Day**: Enjoy a big sundae at your favorite spot!
- **Never miss a Monday!**: Whether it’s a workout or daily tasks, start the week off strong!
- **Financial Wellness! Get Retirement Ready**: Via online. Register [HERE](#).
- **Financial Wellness Webinar**: July 20th from 12pm - 1pm; virtual; registration link above.
- **Recipe Spotlight!**
  - **Pasta Salad**: A great dish to try.
  - **National Cheesecake Day!**
  - **National Chocolate Day!**
  - **World Chocolate Day!** Enjoy your favorite chocolates!!
  - **Eating Out Tuesday**: Enjoy a meal at your favorite restaurant.
  - **Wellness Wednesday**
    - **Recipe Spotlight! Watermelon Salad**: A great dish to try.
    - **Recipe Spotlight! Banana Pudding**: A great treat.

**Other Tips**

- **Declutter your workspace**: Studies show that having a cluttered desk causes higher stress levels!
- **Drink a gallon of water**: Getting fresh air can boost moods instantly!
- **Go for a 1 hour walk**: Getting fresh air can boost moods instantly!
- **Avoid the added sugar!**: Try these healthy homemade popsicles on a hot day!
- **Never miss a Monday!**: Whether it’s a workout or daily tasks, start the week off strong!
- **Plan a picnic!**: Enjoy the beautiful weather!
- **Banana**
- **Read a new book!**
- **Nutrition Fact**: Epsom salt baths can help lower blood pressure.
- **Go for a 1 hour walk**: Getting fresh air can boost moods instantly!
Task:
For every day in July, we encourage you to consume (in a healthy way) at least one (1) full serving of that week's suggested color challenge fruit or vegetables. You can either eat it alone, or add it to a recipe...it is totally up to you!

Week 1
01 July - 08 July

Week 2
09 July - 15 July

Week 3
16 July - 22 July

Week 4
23 July - 29 July

Week 5
30 July - 31 July

✓ Color themes change each week. We'll even provide a list of food suggestions to get you started.

✓ Eat at least one (1) full serving of any item within that color theme.
Here are some food suggestions to get you started:

### Week 1 - Red
- Cherries
- Cranberries
- Red Onions
- Tomatoes
- Raspberries
- Watermelon
- Rhubarb
- Beets
- Red Grapes
- Red Grapefruit
- Apples
- Red Bell Pepper
- Red Potatoes
- Red Cabbage
- Radishes
- Strawberries
- Blood Oranges
- Pomegranate
- Red Leaf Lettuce
- Red Plums
- Red Spinach

### Week 2 - Orange
- Apricots
- Cantaloupe
- Grapefruit
- Peaches
- Carrots
- Pumpkin
- Acorn Squash
- Tangerines
- Sweet Potatoes
- Butternut Squash
- Orange Bell
- Peppers
- Mandarin Orange

### Week 3 - Yellow
- Yellow Pears
- Yellow Beets
- Pineapple
- Yellow Corn
- Mangos
- Bananas
- Yellow Peppers
- Lemons
- Star Fruit
- Passion Fruit
- Summer Squash
- Yellow Tomatoes
- Yellow Watermelon
- Yellow Potatoes
- Yellow Kiwi
- Yellow Zucchini
COLOR SUGGESTIONS

Here are some food suggestions to get you started:

**Week 4 - Green**
- Green Cabbage
- Green Peppers
- Collards
- Bok Choy
- Peas
- Limes
- Spinach
- Zucchini
- Green Beans
- Lima Beans
- Cucumber
- Green Pears
- Celery
- Asparagus
- Honeydew Melon
- Granny Smith Apples
- Artichokes
- Kiwi
- Brussel Sprouts
- Kale
- Broccoli
- Avocados
- Green Grapes

**Week 5 - Blue/Purple**
- Blueberries
- Eggplant
- Purple Peppers
- Blackberries
- Prunes
- Purple Potatoes
- Figs
- Raisins
- Concord Grapes
- Purple Cabbage
- Black Currants
- Acai Berries
- Purple Beets
- Purple Carrots
- Purple Lettuce
- Purple kale
- Elderberry
- Purple Cauliflower

How to win:
1. Eat foods in the color of each week
2. Take a picture of the recipe you made, or food item you ate within the color group - submit to Benefits@cityofracine.org by 8/4/2023
3. For every photo you submit (1 photo max per week) = one (1) raffle ticket

Thank you for participating!
### SUMMER TIME BINGO

Once you get a BINGO, submit your card to HR for one (1) raffle ticket. One (1) BINGO per employee*.

Must take picture of at least two (2) of the activities you participate in.

July 1st – July 31st (submit to HR no later than 8/4)

<table>
<thead>
<tr>
<th>Visit an Aquarium</th>
<th>Take a Morning Walk</th>
<th>Put Away Winter Clothing</th>
<th>Try Canoeing or Kayaking</th>
<th>Relax in a Hammock</th>
</tr>
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<tbody>
<tr>
<td>Go Mini Golfing</td>
<td>Fly a Kite</td>
<td>Mow the Lawn</td>
<td>Take a Bike Ride</td>
<td>Take 3,000 Steps in one day</td>
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<tr>
<td>Do a Painting Project Outside</td>
<td>Read for at Least 20 Minutes</td>
<td>Hold the Door Open for Someone</td>
<td>Go Fishing</td>
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<tr>
<td>See a Baseball Game</td>
<td>Plan a Vacation</td>
<td>Visit Some Place New</td>
<td>Go on a Picnic</td>
<td>Hang a Bird Feeder</td>
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<tr>
<td>Do a water activity</td>
<td>Visit the Zoo</td>
<td>Have a Garage Sale</td>
<td>Water the plants</td>
<td>Hike a New Trail</td>
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Send pictures to: Benefits@cityofracine.org

*Employee must be full-time and on the City’s health insurance to be entered into drawing
Q3 Step Challenge

Dates: July 1st - September 30th 2023

Requirements: Get at least 150,000 steps per month

Tracking: Use your phone, tracking device, or tracking app

Submission: At the end of September, submit your totals for July-September
*Submissions due to HR by 10/4/2023

For each month you meet requirements = one (1) raffle ticket

Submit all items to: Benefits@cityofracine.org
CITY WELLNESS

2023 METLIFE WEBINARS
All employees are welcomed!

- Tax Strategies
  February 23rd
- Estate Planning
  April 18th
- Get Retirement Ready
  July 20th
- Understanding H.S.A
  October 17th

All sessions are from 12pm - 1pm; Virtual
Registration Link HERE
Click "more details" to register
Downtown Racine
FREE YOGA CLASS

Bend & Brew is back!
Classes offered by Yoga Roots Racine!
Followed by a free beverage at participating locations

WHEN?
Wednesdays @ 6pm @ Yoga Roots Racine

Check Facebook for updates!