

# CITY OF RACINE WELLNESS CALENDAR

## JUNE 2022



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
						1				2		3		4	
5		6		7		8		9		10		11			
		 <b>SKIP</b> the elevator and take the stairs. Studies show the risk of cardiovascular disease is lower among those who regularly climb stairs		<b>Recipe Spotlight!</b> <b>Sweet Potatoes Enchiladas</b> - this is a must try recipe, that pleases everyone!		 Go outside and walk around for 10 minutes - take a coworker too! <b>Wellness Wednesday</b>		<b>Quick Workout!</b> 50 jumping jacks 50 high knee skips 10 Burpees 50 criss cross jacks		<b>Treat yourself!</b> You made it through the week - read a book, watch a movie, go out to eat. Make time for you! 					
12		13		14		15		16		17		18			
		<b>Recipe Spotlight!</b> <b>Roasted Cauliflower Tacos</b> - easy way to make a fan favorite meal,		<b>Halfway There!</b> The month is almost halfway over. Check in with this month's goals and stay on track.		Watch THIS video for a quick 5 minute office break movement <b>Wellness Wednesday</b>		12pm - 12:30 Lunch Time Stretching In-Person or online - <b>REGISTER</b> 		<b>Get Motivated!</b> When you feel like quitting....think about why you started and motivate someone else today.					
19		20		21		22		23		24		25			
		<b>Department Step Challenge Register HERE!</b> 		<b>National Smoothie Day!</b>  Make a smoothie today. Here are 6 healthy smoothie		Make sure you stay hydrated! Drink a glass of water each hour.  <b>Wellness Wednesday</b>		<b>Recipe Spotlight!</b> <b>Minestrone Soup</b> - Who can ever pass up some homemade soup...try this one!		<b>Skip TV time</b> and alternate going for a walk or run 					
26		27		28		29		30		<b>Superfood of the month....Quinoa</b>					
		<b>Bend with Friends!</b> Try a new fitness class with friends. 		<b>Recipe Spotlight!</b> <b>Homemade Granola Bars</b> - making a quick snack healthy - I'll take it!		 <b>Get plenty of sleep</b> - you should be getting at least 7 hours of sleep each night. <b>Wellness Wednesday</b>		12pm - 12:30 Lunch Time Stretching In-Person or online - <b>REGISTER</b> 				<ul style="list-style-type: none"> <li>-Quinoa is an ancient grain</li> <li>-Ways to use Quinoa:               <ul style="list-style-type: none"> <li>- Try swapping quinoa for past and rice</li> <li>- Quinoa flour can be used in baked goods and can be made into pudding</li> <li>- Switch up your breakfast, and have Quinoa instead of oats by cooking it the same way</li> <li>- For healthy lunch, toss it into a salad with greens.</li> </ul> </li> </ul> HERE is a great list of recipes that incorporate Quinoa - try them out!			

**Notes:**  
 Department Step Challenge starts June 20th and ends July 20th - First 25 employees that register will win a prize! Prizes are also given out each Friday to winning employees, until July 20th.

= Wellness Committee Event