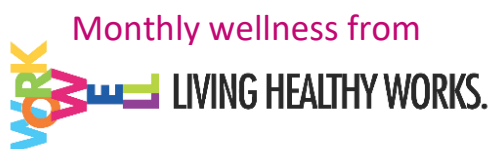


Working on Wellness



Celebrate July 4th All Month Long!

Honoring Independence Day throughout July is a great way to boost employee morale, foster connection, and show appreciation. Here are a few fun and simple ideas to bring some patriotic spirit into the workplace:

1. Take a Walk & Talk Break

Encourage employees to step away from their desks and enjoy a 15-minute walk with a coworker.

2. Red, White & Blue Day

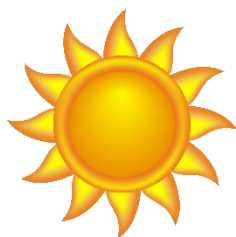
Pick a day for everyone to wear their most festive red, white, and blue attire.

3. Independence Day Trivia

Host a quick trivia game with fun facts about July 4th and American history. Offer small prizes to keep it competitive and entertaining!

4. Host a Healthy Team Lunch

Bring the team together for a nutritious, festive lunch. Consider summer favorites like grilled veggies, fresh fruit, and light salads.

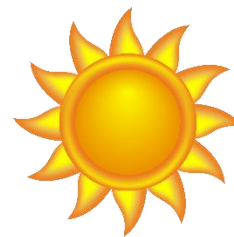


Stay sun-safe—it's your skin's best defense!

Spending time in direct sunlight increases the risk of sunburn and long-term skin damage, including skin cancer.

Both employers and workers can take simple steps to reduce sun exposure and stay safe:

- Wear protective clothing, hats, and sunglasses
- Apply broad-spectrum sunscreen (SPF 30 or higher)
- Take breaks in the shade whenever possible
- Schedule outdoor work before 10 a.m. or after 4 p.m.



July Eat Well

If you're looking to spice up your workplace wellness initiatives for the summer, WorkWell has some great ideas for you!

#1 Get your H2O challenge

Track your water intake in July.

#2 Fresh fruit and vegetable challenge

Eat the recommended servings.

#3 Pack your lunch challenge

Pack your lunch during July and start a habit.

#4 Real food challenge

Limit processed food in July.

June Move Well

Build strength without using weights. You can strengthen your muscles and bones using just your body weight—no equipment required! SDSU Extension provides body weight exercises to try!

