

SHARECARE CHALLENGES

AUGUST 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.

Ending 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

Smart Snacks

Track diet for 31 days

This challenge runs August 1-31.

Snacks get a bad rap, but they're not always unhealthy. The keys to healthy snacking: moderation and smart choices. Rather than reaching for bags of salty chips or packaged sweets, take some time to prepare batches of healthy snacks that you can grab when you're on the go. Some ideas: pre-cut fruits, vegetable sticks with hummus, homemade trail mix, hard-boiled eggs, Greek yogurt with berries, or apple slices with almond butter.

Every Step Counts

Track 155K Steps

This challenge runs August 1-31.

Walking is often touted as a simple way to make notable improvements in your health. But how many steps does it take to make a difference? The short answer: Every step counts. Even a short walk could provide some immediate health benefits, including a reduction in stress and blood pressure as well as increased alertness. This month, try to move more and take at least 5,000 steps each day.

Move to Snooze

Track sleep for 31 days

This challenge runs August 1-31.

There is good evidence that exercise can help you doze off more quickly and improve the quality of your sleep. It releases mood-boosting chemicals that help ease stress so you're less likely to toss and turn. If you're active outside, exposure to sunlight can also help support a healthy sleep-wake cycle. Sleeping well could help you feel more energized. This month, move more each day to help you sleep better at night.

Switch Off to Save

Track for 31 days

This challenge runs August 1-31.

One simple way to reduce your monthly expenses is to cut back on the amount of energy you use at home. Your challenge: This month, be more mindful about your energy usage and look for ways to save on your utilities, like your water, gas, or electricity bill. Some ways to lower your utility costs include using LED lightbulbs, choose energy-efficient setting on your appliances and turn off the lights when you leave a room.

Digital Detox

Track stress for 31 days

This challenge runs August 1-31.

Sometimes it may seem like screens are everywhere. They're also tempting and often hard to ignore. You may tend to reach for your phone when you're feeling stressed. But if you're in the habit of scrolling to unwind, you're not moving your body, completing tasks on your to-do list, stepping outside for some fresh air and sunlight, or engaging with the people around you—all of which can ease stress and support your mental well-being.



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



