

SHARECARE CHALLENGES

JUNE 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.

Starting 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

Real Food

Track diet for 30 days

This challenge runs June 1-30.

Snack cakes, chips and ready-to-heat meals are often convenient and inexpensive, but if processed foods are regular part of your diet you may be increasing your risk for some chronic health issues. Foods that are highly processed are often overloaded with salt (sodium) and sugar. A steady diet of ultra-processed foods can raise your risk of high blood pressure, type 2 diabetes, and obesity, which can lead to heart disease. Some foods may also increase your risk for certain cancers.

Step Into Summer

Track 50K Steps

This challenge runs June 21-30.

June 21 is the first day of summer and the longest day of the year. Kickstart the season by challenging yourself to get outside and move more. A walking routine can boost your mood, improve your balance and coordination, and help prevent or manage chronic health issues, including heart disease and type 2 diabetes. Your challenge: Take at least 5,000 steps per day for the next 10 days.

Sound Slumber

Track sleep for 30 days

This challenge runs June 1-30.

The transition to summer heat and more daylight can make for some fun-filled days but it can also lead to restless nights. A solid sleep routine can help you get sound summertime slumber. That means making sure your room is cool and dark as well as limiting known sleep-disrupters, like electronics and alcohol, as bedtime approaches. Most healthy adults need 7 to 9 hours of sleep each night. Make sure you're getting the rest you need.

Quench Your Thirst

Track for 30 days

This challenge runs June 1-30.

Up to 60% of the body is water. Staying hydrated ensures that your brain, heart, muscles, and other systems in your body work properly. Drinking enough water can also help you gain energy, maintain a healthy weight, and improve your complexion. Fluid needs may vary, depending on your gender, activity level, the weather, environmental conditions, and more! The Institute of Medicine recommends that adults get 9 to 13 - 8oz cups.

Slow Down

Track stress for 30 days

This challenge runs June 1-30.

Work and family commitments don't simply disappear once summer rolls around. But if you're worn out from a hectic school schedule, the hustle of the winter holidays and spring cleaning, try to slow down and de-stress over the next few months. Make time for self-care. Take a break to listen to music, get into a morning walk routine, try yoga, or do some gardening. Anything that helps protect your mental, physical or emotional health counts.



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



