



Summer Wellness Checklist

We at **Workplace Wellness from the INsideOUT** at the University of Calgary, feel that summer goes by way too fast. Before you know it the days are getting shorter, you are shopping for the kids' school supplies and you've run out of time to do all those fun things that you had planned on doing. We've put together a simple **checklist of 10 cool things** to do that will surely reward you with one of the best summers ever! Whether you enjoy an inner-city hike or immerse yourself in the smell and sounds of nature, our list will bring you new experiences, better health and perhaps start you on a journey of self discovery!

Activity	Date & Detail
1 Perform one random act of kindness at least once every week. It might be mowing the lawn of a neighbor or doing a garbage pick up along the river. The size of the act does not matter, what matters is that you are making a difference.	
2 Try out a new activity. Learning something new keeps the brain sharp and the physical body in tune. Take a tennis lesson or paddle a canoe at Bowness Park. Whatever you choose, have fun. Who knows, you might discover an activity that you really love.	
3 Go on a picnic. Pick your favorite park or get out in the wilderness... it's a great way to get away from the busy-ness of life. And, don't forget, leave your phone at home.	
4 Meditate in nature. Find a place that has no "city" noise, where you can hear the wind in the leaves or the birds singing. Then find a comfortable sitting position and close your eyes and listen to nature.	
5 Go on an inner-city hike. Although we are very fortunate in our proximity to the Rocky Mountains, sometimes after a hard week at work the drive out of the city can be daunting. Explore what our beautiful city has to offer and check out the trails in Fish Creek Park or Nose Hill. One of my favorite inner-city hikes and a great way to get your heart rate up is the Douglas Fir Trail. (A good resource is the book, Calgary's Best Hikes and Walks by Lori Beattie.)	
6 Gather friends for a vegetarian pot-luck. Explore a healthier way of eating and discover all your friends' favorite veggie recipes, too! If you want a good resource for veggie recipes check out www.vegcooking.com or go to your Calgary Public Library.	
7 Enjoy a screen free day once every week or two. Mark on your home calendar a day where no computers, computer games, TVs and hand-held devices are used (with the exception of cell phones... we are only human). Make sure the kids have plenty of warning, this might be a tough one for them. You will be surprised at how you spend your time. Have family board games, a deck of cards and books available, just in case it rains.	
8 Get near the water. There is something very soothing about the flow of a river, the rush of a waterfall, or trickling of a creek. Make sure you take the time to close your eyes and listen, slow down your breath and relax.	
9 Do something on wheels. Cycling, rollerblading and skateboarding are all great activities to bring out "the kid" in you. Don't be surprised if you find yourself grinning from ear to ear as you feel the wind blowing through your hair.	
10 Spend some quality time with your family each week. I know our lives are busy; all the more reason to take the time to appreciate the relationships that are dearest to you. If you don't have the time to plan an activity just go for a walk around the neighborhood after dinner or play a game of croquet in the back yard.	

Brought to you by Workplace Wellness - From the INsideOut at the University of Calgary

Contact us today to find out how we can offer programming and experiences to maximize your potential and the potential of your workplace. Call 403-220-7464 or www.ucalgaryrecreation.ca/workplacewellness.