



WEEK 4



Tomorrow kicks off Employee Wellness Week. This is a great time to embrace the daily wellness challenges. Keep track of your score to be eligible to win prizes.

MAY 22

MAY 23

The [Alliance for a Healthier Generation](#) has a [great resource page](#) with ideas for Eating Healthy, Moving More, Feeling Happy, and more!



May is [Mental Health Awareness Month](#). Exercise helps improve our mood and reduce anxiety and depression. However, this isn't always enough. If you need help, ask for it!

MAY 24

MAY 25

The [US Soccer Foundation](#) created a [video library](#), along with other [Soccer for Success at Home](#) resources to help improve your skills. Now, go play!



Here is a [6-minute YouTube video](#) that can be done in school or at home. Your challenge today is to complete 10 Burpees!

MAY 26

MAY 27

Create a lasting change today! Here are strategies from [Action for Healthy Kids](#) to stay [Healthy at Home](#). Also check out the [AFHK Resource Library](#).



It's Memorial Day Weekend and the unofficial start to summer. Each day this weekend do something fun. Get creative and play a game using things you have ([link with some ideas](#)).

MAY 28