July is Summer Health Month

Summer can be a time for relaxation, excitement, and lots of outdoor fun, but it also ushers in some seasonal health risks. Now is the time to create healthy habits and take simple precautions that can keep these at bay. Make summer more enjoyable and safer with these obliging resources and events.

Ways to Celebrate Summer Health Month:

**Eat Healthy**
Take advantage of summer’s fruit and veggie bounty.

**Drink Water**
Water is a natural, healthy, and sugar-free way to stay hydrated.

**Move More**
Adults need at least 30 minutes of physical activity per day to stay healthy.

**Protect From the Sun**
Whether you are going for a short walk or spending a day at the beach wear a wide-brim hat or later up with SPF 30 or higher.

**Take 10**
Whether you are going for a short walk or spending a day at the beach wear a wide-brim hat or later up with SPF 30 or higher.

**July 2023 Wellness Events:**

**Virgin Pulse Healthy Habit Challenges**
Earn 500 points by clicking yes 5 to 7 days inside your Virgin Pulse app.

**Tuesday, July 11, 11-2 p.m.**
Infused Water Hydration Station
John Lewis Student Center first-floor stairs

**Summer Wellness Resources:**
- Infused Water Combinations
- Working in the Summer
- July is UV Safety Month

**Employee Resources:**
- Earn Your $200 Well-being Credit
- EAP (Employee Assistance Program) service from Kepro
- USG Well-Being Events
- Tech Coloring Pages
- Take a walk on the Tyler Brown Pi Mile
- Eco-Commons