



Fun Day Challenge!

National Watermelon Day in August

We are celebrating a fun and unusual holiday with a challenge for you to engage in. There are three easy steps to participate. First, choose your favorite option that you'd like to try. Second, take a picture of yourself doing the activity. Lastly, fill out the form [HERE](#) by midnight, August 31st. This program is open to all employees and spouses. Any employee or spouse who participates will be entered into the Fun Day Challenge raffle. For every ten submissions there will be a raffle winner!

August is National Watermelon Day!

National Watermelon Day recognizes the refreshing summertime treat enjoyed as a snack, dessert, or meal. Since watermelon is 92% water, it is very satisfying in the summer heat. To celebrate National Watermelon Day on August 3rd, we have three great opportunities for you! Pick ONE option from the three unique choices that you'd like to try any day in August. Make sure to take a picture of yourself completing your chosen option!

Option 1: Make a watermelon, cucumber, and feta salad with honey lime dressing – combine in a bowl ½ of a watermelon cubed, 1 cucumber cubed, ½ cup of feta, 15 basil and mint leaves chopped. For the dressing combine 2 tablespoons honey, 2 tablespoons lime juice, and 2 tablespoons olive oil. Drizzle over salad, add salt to taste.

[Find recipe here](#)

Option 2: Make watermelon popsicles – blend 6 cups cubed of watermelon with 2 tablespoons lemon juice until fully smooth. Pour into a popsicle mold leaving a half inch at the top for expansion. Freeze for 4 hours.

[Find recipe here](#)

Option 3: Workout with a watermelon! – holding a watermelon complete 10 reps of one of these exercises, or for an added challenge complete all three. Squats, overhead press, or crunches.

To be entered into the raffle, fill out the form [HERE](#) by midnight, August 31, 2024.