



# Fun Day Challenge!

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, June 30, 2024. This program is open to all employees and spouses. Any employee or spouse who participates will be entered into the raffle. For every ten submissions there will be a raffle winner!

## We are Celebrating "Repeat Day" in June!

Regularly repeating an active habit throughout the day can help you reduce stress, increase productivity, lubricate joints, improve concentration, burn calories and boost creativity. Set an alarm to remind yourself to take breaks. To celebrate "Repeat Day" on June 3rd, we have three great opportunities for you! Pick ONE option that you'd like to try any day in June. Make sure to take a picture of yourself completing your chosen option.

### Option 1: Stretch Video- Repeat!

Take 3 stretch breaks throughout the day. Do your own routine or check out this 10 minute stretch [video](#).

### Option 2: Fitness Video- Repeat!

Take 3 short fitness breaks throughout the day with one of MIIA's fitness videos. All you have to do is click on this [link](#) and follow the directions to view the full library of over 150 MIIA wellness videos. Find a safe, quiet place to try an abs and core, lower body and/or upper body workout video.

### Option 3: Walk- Repeat!

Take 3 breaks throughout the day and go walking. Suggestions include walking around the perimeter of your office building, visiting green spaces, walking to your favorite coffee/tea shop, and/or taking a longer route to the water cooler.

To be entered into the raffle, fill out the form [HERE](#) by midnight, June 30, 2024.