

JOIN YOUR NEXT TEAM CHALLENGE:

# NORTH AMERICAN NOMAD

Gather your crew and trekking gear – you’re headed up North! This virtual destination challenge starts in the Northern United States, winds through Canadian parks and cities, then heads back to Seattle for the finish line.

**Dates:** June 7 – July 6<sup>th</sup>, 2021

**Teams:** Up to 5 participants per team

**Earn challenge points by participating!**

**Start or join a team today!**

**Step 1:** Log into VP (or open the mobile app

**Step 2:** Under Social, click Challenge and Register for the North American Nomad!

*Our next Virgin Pulse point drawing will be June 30, 2021! Everyone that has 25,000 points will be entered to win!*

## June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Take your dinner outside. Set an outside table and enjoy the fresh air.	2 Make an extra meal for a neighbor in need.	3 <b>World Bicycle Day</b> Tune-up your bike and body a with a ride!	4 Walk through your neighborhood to see what is blooming.	5 Support the <b>Farmers' Markets</b> that are open this weekend.
6 Recharge for the week by spending some time relaxing.	7 Take a walk during your lunch hour - enjoy the summer weather 	8 <b>National Best Friends Day</b> Send notes of appreciation to your friends.	9 Challenge a co-worker to a <b>personal challenge</b> on VP for the weekend! <a href="#">Click here</a>	10 <b>Thankful Thursday</b> —find a way to express gratitude to someone who won't expect it.	11 Care for your skin. Wear your sunblock!	12 <a href="#">Fire up the grill and add some colorful veggies.</a>
13 Go to Mahoney State Park for a walk/visit. <a href="http://outdoorn.ebraska.gov/mahoney/">http://outdoorn.ebraska.gov/mahoney/</a>	14 <b>Flag Day</b> 	15 Mindfulness Moment. Journal for 10 minutes.	16 Have you scheduled your next coaching appointment? <a href="#">Set it up today!</a>	17 <b>National Eat Your Veggies Day</b> —how many different vegetables can you eat today?	18 Sign up for a <a href="#">Virgin Pulse Journey</a> , like “Stress Less” or “Fit as a Family”	19 Visit <b>Lauritzen Gardens</b> & see the beautiful spring blooms  <a href="#">(reserve online)</a>
20 <b>Father's Day</b> Spend the day with loved ones.	21 <b>International Yoga Day</b>  Mark the longest day of the year with a yoga practice.	22 Double up your veggies TODAY at each meal! Put an extra spoonful on the plate!	23 Hydrate! Try <a href="#">infusing your water!</a>	24 <b>Thankful Thursday</b> Send that long overdue note to someone who made you feel special.	25 Take extra steps. Park in in farthest stall & enjoy your stroll.	26 Celebrate summer with a delicious <a href="#">salad</a> paired with your favorite grilled protein!
27 Gratitude list. List 10 things you are grateful for.	28 Mindful Monday—how can you be purposeful?	29 Laugh today! Look up a couple fun jokes to share with your co-workers today.	30 Family sports night: grab a basketball, yard game or other and get the family moving tonight.	<p><i>We believe in the Jesuit value of cura personalis: care of the whole person.</i></p> 		