




# 24-7 Wellness July 2020

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**A year of celebration as Dunk achieves 20 years in business!** Join us each week in 2020 as we focus and celebrate wellness. Well at work, home, play and life! Every day of the week we focus on a different aspect of wellness; exercise, eating, mental health, caring for others, safety, environment, and one day is celebration! 2020 is about creating wellness in our life. Take this journey with Dunk and celebrate your wellness! Be sure to tag us on Instagram or Facebook using **#dunkwellness2020** or even send us an email showing and celebrating with us what you have achieved.

SUNDAY Eating		MONDAY Safety		TUESDAY Mental Health		WEDNESDAY Exercise		THURSDAY Caring for Others		FRIDAY Celebration		SATURDAY Environment		IDEAS FOR CELEBRATION	
															
5 Try eating with the <b>SEASON</b> . Buy produce that are in season and you'll get lots of nutrients. July and August are perfect months for fresh fruit like peaches, raspberries, and watermelon as well as vegetables such as beans, tomatoes, and zucchini.		6 Is your workstation set up to <b>REDUCE</b> strains/sprains? Are you adjusting throughout your workday? Check it to be sure.		7 Release the <b>TENSION</b> you may have built up. In a private place, let it all out! Have a tantrum, scream, cry, jump, throw pillows, whatever releases the tension in a safe way.		8 <b>REORGANIZE</b> some furniture in your house. Crazy as it sounds, this counts as exercise so get your sweat on while giving your house a fun makeover.		9 Take the time to <b>TEACH</b> someone a skill you know. This could be teaching your mom how to use some features on her phone or teaching your co-worker a valuable skill at work.		10 Celebrate getting things done! Have you been putting off something either at work or home? Start your day with the task you're least looking forward to, maybe clean out that fridge, or closet. You are freshest in the morning so why not get that task over and done with? <b>LESS STRESS!</b>		11 When lighting that campfire or BBQ choose <b>MATCHES</b> over a lighter, and ideally paper matches over wood ones. While the wood ones are made from trees, the paper ones are made from recycled paper.		 <p><b>Each week we celebrate! But, how can you celebrate?</b></p> <ul style="list-style-type: none"><li>• Say thanks!</li><li>• Write a special note, make a phone call, or send an email.</li><li>• Share something on social media to show your appreciation.</li><li>• Pay it forward with a good deed.</li><li>• Reflect inwardly.</li><li>• Treat yourself or another person.</li></ul> <p>Other ideas? Do what works for you and remember you can share them with us to include in next month's ideas!</p> 	
12 Today is <b>ORANGE DAY</b> . Incorporate orange foods into your meals. Oranges, carrots, squash, grapefruit, etc.		13 Make a list of your current <b>MEDICATIONS</b> , including dosage and strength, and store it with your medical documents. There are even apps you can download on your phone that can store this information for you.		14 When you're feeling down, change your <b>POSTURE</b> . A powerful position can help you feel more powerful in life. Chest proud, shoulders back, stand tall.		15 The weather's beautiful out right now so make sure you <b>GET OUTSIDE!</b> Take a walk around the neighbourhood or even do that yard work you've been putting off.		16 Lend your ear to someone who may need to <b>VENT OR TALK</b> through an issue.		17 Celebrate our amazing mind by <b>CHALLENGING</b> your brain with a crossword puzzle, Sudoku, word search, etc.		18 <b>NEXT TIME</b> you have to fly somewhere or go to an event, check to see if they offer e-tickets/boarding passes as opposed to paper ones.			
19 Give your water a <b>RE-FRESHING</b> kick today by adding some fresh mint, cucumbers or lemons.		20 Make sure you're <b>NOT OVERLOADING</b> electrical outlets, either at work or at home. They can overheat and start a fire.		21 Rearrange your <b>SPACE</b> . Make it more efficient, clear the clutter and organize.		22 Look into taking a <b>DANCE CLASS</b> ; swing dancing, ballet, salsa, etc. These different styles of dance will raise your heart rate and challenge your coordination. You can also check out YouTube for some dance videos. Everyone can enjoy dancing so include a partner!		23 Create a <b>CARE PACKAGE</b> for someone who may be sick or just in need of some cheering up. Add some reading material, a sweet treat, and some other goodies.		24 Celebrate a great week at work and get <b>ORGANIZED</b> for the next week. It will let you enjoy whatever fun plans you have for the evening.		25 Download <b>SOFTWARE</b> ; it is often cheaper to download software than it is to buy the discs. It also reduces wasted packaging materials and can be beneficial when the software is upgraded.			
26 Choose to make healthy <b>"SWEET"</b> choices this week. Eat fruit when you're craving something sweet and skip the sugar in your coffee.		27 Remember to <b>CLEAN THE LINT TRAP</b> of your dryer after every load. The built up of lint is a fire hazard. Make sure to check the back of the dryer as well for any additional trapped lint and the pipe and the outside vent.		28 Take a few hours for <b>YOURSELF</b> . Enjoy a solo walk, hideout somewhere or see a movie by yourself. Just enjoy you.		29 Do a <b>'KID'</b> kind of exercise. Hula hooping, trampolines, skip rope, , you will be smiling as you try this!		30 <b>OFFER</b> to babysit, pet-sit, or even house-sit for someone who may need some 'me' time.		31 <b>CELEBRATE THE KIDS</b> in your life. Take them to the park for some fun, do a craft, play a game or just spend time with that little one!					
