

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



SCAN ME!

Scan for the digital copy of the **BenefitU Interactive Calendar**. Enjoy daily tips to help practice activities that support your health & wellbeing.

1 WELCOME TO JULY! MIDWAY THROUGH THE YEAR, A GREAT TIME TO RECLAIM YOUR ENERGY, REFRESH YOUR MINDSET, AND KEEP MOVING FORWARD – STRONGER, STEADIER, AND MORE FOCUSED THAN EVER. **WHAT IS A PRIORITY FOR YOU THIS MONTH?**

2 [COACHING WEBINAR](#) MAXIMIZE YOUR WORKOUT @ 1:00 P.M. EXERCISING DOESN'T HAVE TO BE TIME-CONSUMING. FIND OUT HOW TO GET THE MOST OUT OF YOUR WORKOUT IN THE SHORTEST AMOUNT OF TIME.



3 **MORNING HYDRATION BOOST:** START YOUR DAY WITH A TALL GLASS OF WATER BEFORE CAFFEINE OR FOOD. REHYDRATING FIRST THING HELPS WAKE UP YOUR BODY AND SUPPORTS DIGESTION AND MENTAL CLARITY.

4 **CITY OFFICES CLOSED – HAPPY INDEPENDENCE DAY! TODAY, WE HONOR THE PRINCIPLES OF FREEDOM, COMMUNITY, AND SERVICE.**

5 **MOVE SMARTER IN THE HEAT:** AIM FOR OUTDOOR MOVEMENT IN THE EARLY MORNING OR LATER EVENING WHEN TEMPS ARE LOWER. STAYING ACTIVE IS IMPORTANT—TIMING IS KEY FOR SAFETY.

6 **SNACK FOR HYDRATION:** COOL DOWN WITH WATER-RICH SNACKS LIKE FROZEN GRAPES, CUCUMBER SLICES, OR CITRUS FRUIT. THEY HYDRATE WHILE KEEPING YOU ENERGIZED THROUGH THE AFTERNOON.

7 **MINI MOVEMENT WINS:** NOT ENOUGH TIME FOR A LONG WORKOUT? BREAK IT INTO 5-10 MINUTE BURSTS. SMALL DOSES OF MOVEMENT STILL ADD UP AND CAN ENERGIZE YOUR WHOLE DAY.

8 **PAUSE FOR PRESENCE:** TAKE LUNCH AWAY FROM SCREENS. USE THE TIME TO TRULY REST AND RECHARGE, MENTALLY AND PHYSICALLY.

9 **WHAT'S UP WEDNESDAY:** JOIN ANDREA ALLEN FOR A DISCUSSION, [CONFLICT RESOLUTION: TURNING CHALLENGES INTO OPPORTUNITIES](#)

- 11 AM – 12 PM
- EARN 1 TRAINING HOUR

10 **SLEEP WELL, EVEN IN HEAT:** USE LIGHT SHEETS, A FAN, AND KEEP YOUR ROOM AS DARK AS POSSIBLE. BETTER SLEEP SUPPORTS MOOD, METABOLISM, AND STRESS RECOVERY, ESPECIALLY DURING HOT MONTHS.



11 **EVERY DAY IS A CHANCE TO FEEL BETTER, MOVE BETTER, LIVE BETTER.**

12 **RECREATIONAL POOL SWIM!** ALL FOUR CITY POOLS, DAFFIN PARK, TOMPKINS, BOWLES C. FORD, AND W.W. LAW OFFER OPEN RECREATIONAL SWIMMING. **POOLS ARE OPEN FROM 1:30-3:30 P.M. AND 4-6 P.M.,** PERFECT FOR COOLING OFF AND FAMILY FUN!

13 **GRATITUDE CHECK-IN:** LIST 3 THINGS YOU ARE PROUD OF OR GRATEFUL FOR FROM THIS MONTH. FOCUSING ON WHAT'S GOING WELL BUILDS EMOTIONAL RESILIENCE AND SHIFTS YOUR MINDSET.



14 **MINDSET MATTERS: E + R = O [EVENT + RESPONSE = OUTCOME]** WE CAN'T CONTROL EVERY EVENT, BUT WE CAN CONTROL OUR RESPONSE, AND THAT SHAPES OUR OUTCOME. THIS WEEK, CHOOSE YOUR RESPONSE WITH PURPOSE.

15 **Q2 FITNESS REIMBURSEMENT DUE TODAY!** COS EMPLOYEES ARE ELIGIBLE FOR UP TO \$40 PER MONTH FOR ATTENDING A FITNESS FACILITY OR PARTICIPATING IN ONLINE CLASSES AT LEAST 8 TIMES PER MONTH. [CLICK HERE TO LEARN MORE!](#)

16 SAV4 Health

COMPLETE YOUR **BIOMETRIC SCREENING TODAY!** [REGISTER ONLINE](#) OR CALL 912-819-8177

- 6:00 AM - 10:00 AM
- PDC TRAINING UNIT, 3401 EDWIN ST.

17 **SUNSET MARKET AT SAVANNAH HARBOUR:** ENJOY A STROLL ALONG THE WATERFRONT, ACROSS RIVER STREET ON HUTCHINSON ISLAND FOR A MARKET FEATURING FOODS, CRAFTS, AND LOCAL MAKERS.

- 4:30 PM - 8:30 PM, EAST OF THE WESTIN GOLF RESORT

18 **LAST DAY TO ENROLL: ASL SERIES.** ENHANCE YOUR COMMUNICATION TOOLKIT AND CONNECT IN NEW WAYS. LANGUAGE IS PART OF WELLNESS; IT SUPPORTS BELONGING AND UNDERSTANDING. TO SIGN UP, [PLEASE COMPLETE THIS FORM.](#)

19 **BE SUN SMART!** EVEN ON CLOUDY DAYS, UV RAYS CAN BE STRONG. WEAR BROAD-SPECTRUM SUNSCREEN, REAPPLY EVERY 2 HOURS, AND PROTECT YOUR SKIN LIKE YOU WOULD ANY VITAL ORGAN—IT'S YOUR BODY'S ARMOR.

20 **YOUR MIND IS A GARDEN. YOUR THOUGHTS ARE YOUR SEEDS. YOU CAN GROW FLOWERS OR YOU CAN GROW WEEDS.**

21 **SELF-CARE PREVIEW:** THURSDAY (7/24) IS **INTERNATIONAL SELF-CARE DAY.** ASK YOURSELF: WHAT'S ONE THING YOU CAN DO TODAY TO FEEL GROUNDED, RELAXED, OR FULFILLED?



22 **LEAFY GREENS = HEAT SUPPORT!** ADD SPINACH, ARUGULA, OR KALE TO A SMOOTHIE OR SALAD. THESE GREENS ARE RICH IN MAGNESIUM AND HELP REGULATE BODY TEMPERATURE.



23 **BREATHE TO COOL DOWN:** PRACTICE BOX BREATHING: INHALE FOR 4, HOLD FOR 4, EXHALE FOR 4, HOLD FOR 4. THIS CALMS YOUR NERVOUS SYSTEM AND HELPS REGULATE YOUR INTERNAL "TEMPERATURE."



24 *Thriving* Thursday's

BEAT THE HEAT: HYDRATION AND SUMMER RESILIENCE!

- 2:00 - 3:00 PM | ROOM #104 ADAMS COMPLEX, 20 INTERCHANGE DRIVE
- [REGISTER HERE](#)

25 **SET A HYDRATION ALARM:** TRY SETTING A REMINDER AT 10 A.M. AND 3 P.M. TO DRINK A GLASS OF WATER. BUILDING HYDRATION INTO YOUR ROUTINE IS KEY IN SUMMER HEAT.



26 **RISE AT THE SAME TIME:** A CONSISTENT WAKE-UP TIME TRAINS YOUR BODY CLOCK AND SUPPORTS BETTER ENERGY REGULATION, EVEN ON WEEKENDS.

27 **MENTAL COOL-DOWN:** TAKE 5 MINUTES OF QUIET TODAY, NO SCREENS, NO TASKS, NO CONVERSATION. JUST BREATHE AND LET YOUR MIND SETTLE.

28 **ADULT SWIM LESSONS BEGIN!** THE CITY BEGINS A 2-WEEK ADULT SWIM SESSIONS **TODAY THROUGH AUGUST 7.** A GREAT OPPORTUNITY FOR LOW-IMPACT FITNESS, IMPROVING WATER SAFETY, AND STRESS RELIEF. [LEARN MORE HERE!](#)



29 **MOVE WITH JOY!** START YOUR DAY WITH A 2-MINUTE DANCE BREAK! PICK AN UPBEAT SONG YOU LOVE AND MOVE FREELY. A FEW MINUTES OF JOYFUL MOVEMENT CAN BOOST YOUR MOOD, RELEASE STRESS, AND ENERGIZE YOUR DAY!

30 **MIDDAY RESET:** FEELING SLUGGISH? [TAKE A TWO-MINUTE STRETCH BREAK.](#) A QUICK SHOULDER ROLL OR GENTLE TWIST CAN BOOST CIRCULATION AND REFOCUS YOUR BRAIN.

31 **STRONG FINISH!** REFLECT ON WHAT HABIT, TIP, OR ACTION FROM THIS MONTH MADE A DIFFERENCE? CELEBRATE YOUR EFFORT AND KEEP THE MOMENTUM GOING.



July is all about keeping your energy up, your body cool, and your mindset strong, even when the heat kicks in. From sun safety and hydration to short bursts of movement and moments of joy, this month is your chance to reset, refresh, and rise. Whether you're at your desk or outdoors in the sunshine, this month is about helping you *shine from the inside out!*