Wellness June Events

30-Day Challenge: Two Times the Challenge
*Monday, June 11th — Tuesday, July 10th (up to 30 points)*

Sure, Wellness has offered 30-Day challenges before, but we’ve never offered a challenge like this! This month, take our Two Times the Challenge by performing both pushups and squats all month long. You’ll receive a month-long plan to help you increase both your upper and lower body strength based on your current fitness level (choose novice, intermediate, or advanced) and earn points for each day you complete. Want to skip double duty? You can also choose to complete just one challenge (pushups or squats) this month. [Sign-Up Here!]

Family Health and Fitness Day
*Saturday, June 9th, 8am –12pm (10 points)*

Grab the whole family and head to Tattnall Square Park for a morning of free fitness activities, challenges, and local healthy resources. [Learn more about this event here](#), and earn 10 HealthyU points by sending Wellness a photo of you at the event.

Bike & Ride All Summer Long
*Various opportunities throughout summer (7 points/session)*

Walking is a great form of exercise, and this summer, you can learn more about Macon while exercising with [summer walking groups](#). Are you an avid cyclist? Have a bike that’s gathering dust but you’re not sure where to start? You can join existing cycling groups right here in town or learn more about getting started with cycling. [Events take place all summer long](#). Earn 7 HealthyU points for each Bike Walk Macon event you attend throughout the summer.

Navicent Healthy Community
*Various opportunities throughout summer (10 points)*

Whether you’re looking for caregiver support, education about cancer prevention, or reducing your risk for heart disease, Navicent Health has you covered. [Visit their schedule of community programs](#) and receive 10 HealthyU points for each event you attend.

---

Web: wellness.mercer.edu | Email: woodson_rm@mercer.edu | Phone: 478/301-2224