

# 2023 August

31 Fun and Easy Ways to Move More



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <a href="#">Do a 5-minute strength workout. Here's why—and one to try.</a>	2 Make weekly exercise dates with a friend to stay on track.	3 <a href="#">Blast fat with walking intervals. Here's how.</a>	4 Work your core by pulling your abs toward your spine.	5 <a href="#">Take your favorite exercises for a dip in the pool. Moves to try.</a>
6 Make a high-energy playlist for chores (aka mini workouts!)	7 <a href="#">Strengthen your core with the plank. Here's how.</a>	8 Try a YouTube dance class. (It's just you, so go for it!)	9 <a href="#">Enjoy a daily stretch break. Here's a few to try.</a>	10 Think of what you enjoyed playing as a kid. Do that!	11 <a href="#">Be bold and try a new activity. Some ideas.</a>	12 When you're on the phone, stand up to walk and talk.
13 <a href="#">Release body tension with this 5-minute yoga flow.</a>	14 Sneak in 20 calf raises and lunges while coffee brews.	15 <a href="#">Boost your balance with these quick drills.</a>	16 Listen to a novel while you're at the gym.	17 <a href="#">Build head-to-toe strength with these combo moves.</a>	18 Organize a frisbee game for friendly competition.	19 <a href="#">Play brain games while exercising. A few to try.</a>
20 Find a charity run/walk to "race" for a good cause.	21 <a href="#">Build leg strength with these squats.</a>	<b>*Webinar*</b> 22 Go for a bike ride and burn @300 calories in 30 minutes.	23 <a href="#">Add a little movement to your morning. Tips to try.</a>	24 Recharge by climbing stairs for 5 minutes.	25 <a href="#">Grab a fitness band for this quick arm workout.</a>	26 Aim to do 3 mini workouts today.
27 <a href="#">Give water walking a try. Here's how.</a>	28 Find an open wall and do 30 incline pushups.	29 <a href="#">Try this 10-minute HIIT workout.</a>	30 Follow a body-positive account on social media.	31 <a href="#">Wind down your day with these gentle tai chi moves.</a>		

\*\* Always consult your physician before starting a new diet or fitness routine.

My well-being focus for August is:



Explore all of your well-being benefits at [One.Walmart.com/wellbeing](https://One.Walmart.com/wellbeing)

My August Well-being Webinar



**Fun and Easy Ways to Move More**

Tuesday, August 22, 2023 @ 12:00 pm CST

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