



Get Moving for the Swim Across the Sound Virtual Challenge!

Once you register and start fundraising, we hope you will join us in The Challenge and set a goal to challenge yourself to improve your overall health and wellbeing. You set your own goals, whether they are related to doing more activity or focusing on your mental health. Together we can uplift each other to prioritize our health and fundraise for a great cause.

Here are some fun ways you can get moving and crush that goal. Remember, the goal is to challenge yourself, however you choose to. You got this!

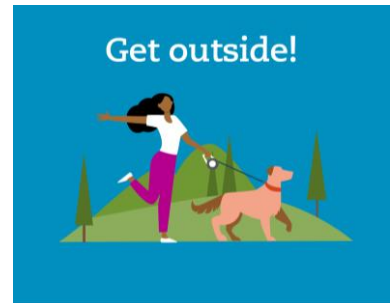


Did you know that one hour of dancing every week for a year is like walking from Chicago to Indianapolis (186 miles)?

That means that 1 hour of dancing is like walking 3.5 miles. Set a goal to join a dance class once a week or have a dance party with your family a few times a week to get moving together and have fun with it!

There are about 2,200 steps in one mile which means there are 34,100 steps in 15.5 miles which is the equivalent to what the swimmers in Swim Across the Sound commit to.

Start a step challenge at work, make a goal to walk with your pets each day, or go on a hike. Get stepping to move more miles!



One mile in a standard 25 yard pool is 66 laps.

Get to your local YMCA or a pool, and commit to doing a certain amount of laps or miles. Can you do 15.5 miles like the open water swimmers? Take your time and crush that goal in the water!



10 minutes of stretching is like walking the length of one football field.

There are a little over 14 football fields in one mile which means you would need to stretch for 140 minutes to walk one mile.

Set a goal with your colleagues, family, or friends to take stretch breaks throughout the day.





Interested in challenging yourself in other ways? Health and wellness also includes your mental health! Here are some additional goals you can set for yourself that don't include movement. Remember, mental health is important to overall health and can even help prevent heart disease.



According to the American Heart Association: "Practicing mindfulness and meditation may help you manage stress and high blood pressure, sleep better, feel more balanced and connected and even lower your risk of heart disease."

Set daily goals for yourself to find time to meditate in the month of July to help create healthy long term habits. Start small with a minute or two a day, and work your way!

Practicing gratitude is another great way to start your mental wellness journey. Can you challenge yourself to start or end your day with finding 5 things you are grateful for?

Here are great tips and resources from the American Heart Association to get you started: [Healthy For Good Infographics](#). We also have tips for the women in your lives from Hartford HealthCare: [Self Care Tips](#).

Challenge yourself to read more this month! According to Dr. Laura Saunders, a Psychologist with Hartford HealthCare, there are lots of benefits to your health when you make reading more a priority including reducing your stress. See her interview video to learn more here: [Hartford HealthCare interview with Dr. Saunders](#).

Set goals to read a certain amount of pages or minutes a day. Can you challenge your friends and family to do it with you?



However you challenge yourself, the Swim Across the Sound Virtual Challenge is here to inspire and motivate you while also helping St. Vincent's Medical Center to support local cancer patients regardless of where they receive treatment.

Join The Challenge today!

charity.pledgeit.org/VirtualChallenge24