

# 2022 EAT, LIVE, AND BE HEALTHY WELLNESS CHALLENGE

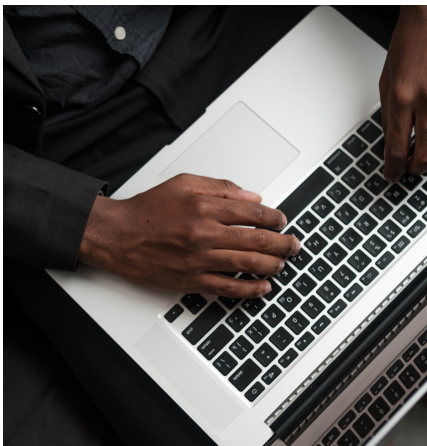
AUGUST 2022

In 2022, the Chronic Disease Action Team of the Healthy St. Mary's Partnership is encouraging community members to join our year-long wellness challenge. This challenge will promote healthy habits, provide education and resources, and encourage community members to eat, live, and be healthy in 2022!

## August Challenge

Track and reduce your daily screen time

Goal: Cut weekly screen time by 25% or more



"Health is a state of complete mental, social and physical well-being, not merely the absence of disease or infirmity."

– World Health Organization

Too much screen time can impact everything from your mood to your sleep to your physical health. The effects of too much time on your cell phone, computer, or in front of the tv extend to your whole body, and getting away from your screen can save more than just your eyes. While screens are used for work, provide entertainment, and keep us connected, limiting screen time or taking breaks from technology can have the following health benefits:

- Lower Stress
- Improve Sleep Habits
- Better Focus and Brain Function
- Boost Physical Activity
- Improve Posture
- Reduce Eye Strain

When you spend a lot of time in front of a screen, especially for work, it can be hard to find ways to spend that time without your computer, phone, or TV. Start by reducing the time you spend in front of screens at specific parts of the day. Make sure that when you use screens, you take frequent breaks to stretch and move. Making these small changes can make a big impact on your health.

# JULY RESOURCES

NO VIDEO THIS MONTH  
TO HELP YOU REDUCE  
YOUR SCREEN TIME!



## Printable Screen Time Tracker

Use this weekly tracker to see how much time you spend on screens and reflect at the end of the week on how you can reduce screen time moving forward!

## How to Reduce Screen Time in the Digital Age

Check out these tips from NAMI to keep screen time in-check, leaving more room for healthy, positive real-world experiences.



Remember to submit your screen time reflection log by September 1 to be entered to win this month's prize!

SUBMIT YOUR LOG  
HERE