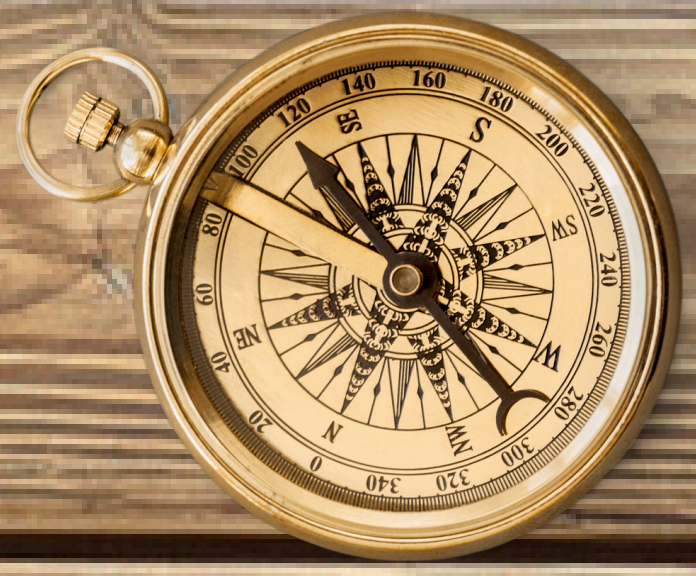




OVERLOOK ADVENTURES

As we pass the halfway mark of the year, we want to take a moment to look back at our journey so far and celebrate what we have accomplished. Whether you achieved everything you wanted to or have a few milestones you still wish to revisit, simply being here and staying engaged is a huge achievement. Give yourself a well-deserved pat on the back! In light of our theme this month, we have created a fun new game: Overlook Adventures. This game offers opportunities to participate in activities we might have missed along the way, plus some fresh challenges to try. Our journey isn't over yet!

How It Works:

- **The Setup:** Use the gameboard and activity guide on the following pages. Each activity features wellness dimensions that match the colored dots on the board.
- **Starting Out:** All players begin on the **Start** space.
- **Moving Your Piece:** You can roll a dice (physical or digital) and move forward that number of spaces
- **Taking a Turn:** To earn your weekly rolls, you must complete **one activity per movement**.
- Your wellness activity should matches the color/dimension of the space you currently occupy.
- You may complete one additional wildcard activity of your choice from the guide for points.
- **You may move up to two times per week.**
- **Skipping or Re-rolling:** If you have already finished all options in a category, or if a specific activity isn't feasible for you, feel free to re-roll and move to a different space.
- **Finishing Early:** If you reach the end of the board before the month finishes, keep going! You can continue participating in any activities that resonate with you.
- If you complete your journey across the board and one activity from each dimension of wellness you will be entered in an opportunity drawing for a cool prize!



- | | | | | | |
|--|-----------------------|--|------------------------|---|-------------------|
|  | Emotional Wellness |  | Financial Wellness |  | Physical wellness |
|  | Occupational Wellness |  | Environmental wellness | | |
|  | Intellectual Wellness |  | Social Wellness | | |



Activity Guide Page 1



✓	Activity	Wellness Focus	Requirement
☐ ●●	Attend Yoga in the Garden	Physical/Social	Picture
☐ ●●	attend a Rooftop Yoga Class	Physical/Social	Picture
☐ ●●	attend Yoga at the State Capital	Physical/Social	Picture
☐ ●●	Go on a Nature Walk with Utah State University	Physical/Social	Picture
☐ ●●	Attend “ State of Mind ” free yoga at State Capitol	Physical/Social	Picture
☐ ●	Revisit Be Heart-Smart: Cholesterol, Stress & Movement (3-in-1 Mini Episodes)	Physical	None
☐ ●	Revisit the Sleep Your Way to a Healthier Heart workshop	Physical	None
☐ ●	Watch the Making Healthful Eating Doable workshop	Physical	None
☐ ●	Revisit march’s Functional Strength Training Class	Physical	None
☐ ●	Revisit May’s Functional Strength Training Class	Physical	None
☐ ●	Revisit June’s Functional Strength Training Class	Physical	None
☐ ●	Revisit Junes Functional Strength Training Class	Physical	None
☐ ●	Revisit the Stepping Into Sustainable Nutrition workshop.	Physical	None
☐ ●	Revisit May’s Functional Strength Training Class	Physical	None
☐ ●	Revisit Vest’s Connection, belonging, relationships presentation.	Social	None
☐ ●	Revisit GBS’ Social Connection: Impacts of Physical and Mental Health presentation	Social	None
☐ ●	Attend a County Library Open Mic Night	Social	Picture
☐ ●	Bring a friend to any of the listed activities	Social	Picture
☐ ●●	Join the conservation parks Utah's Urban Conserver class 08/04	Environmental/ Social	Picture
☐ ●●	Join the conservation parks Waterwise Plants Tour 08/06	Environmental/ Social	Picture
☐ ●●	Join the conservation parks Waterwise Plants Tour 08/12	Environmental/ Social	Picture
☐ ●●	Attend the county library’s Climate Future Film Festival 08/05	Environmental/ Social	Picture
☐ ●	Revisit From Stressed to Supported: Financial Wellness Coaching in Action	Financial	
☐ ●	Revisit Design Your Spending Plan: A Hands On Financial Workshop	Financial	None



Activity Guide Page 2



✓		Activity	Wellness Focus	Requirement
☐	●	Revisit <u>Values Before Money</u> - Tom Hall VEST CC March 2026	Financial	Response in Wellsteps
☐	●	Revisit <u>Make Your Paycheck Work For You: Financial Wellness Workshop</u>	Financial	Response in Wellsteps
☐	●	Revisit <u>Design Your Spending Plan: A Hands On Financial Workshop</u>	Financial	Response in Wellsteps
☐	●●	Revisit the <u>Building Atomic Habits</u> workshop	Intellectual	Response in Wellsteps
☐	●	Revisit <u>The Let Them Theory Book Club Part 1</u>	Intellectual	Response in Wellsteps
☐	●	Revisit <u>The Let Them Theory Book Club Part 2</u>	Intellectual	Response in Wellsteps
☐	●●	Join the <u>Japanese Learners Club</u> at the county library Mondays	Intellectual/ Social	Response in Wellsteps
☐	●●	Attend the Conservation Parks <u>Cyanotype Workshop</u>	Intellectual/ Social	Response in Wellsteps
☐	●●	Attend the county libraries <u>Walking Book Club</u>	Intellectual/ Social	Response in Wellsteps
☐	●●	Attend a book club	Intellectual/ Social	Response in Wellsteps
☐	●	Revisit Vest's <u>Purpose, Meaning & Fulfillment at Work</u> workshop	Occupational	Response in Wellsteps
☐	●	Revisit the <u>Nature and Mental Health</u> workshop	Emotional	Response in Wellsteps
☐	●●	Revisit Vests <u>Emotional Regulation, Confidence, Resilience</u> presentation.	Emotional/ Occupational	Response in Wellsteps
☐	●●	Revisit Vest's <u>Connection, belonging, relationships</u> presentation.	Emotional/ Occupational	Response in Wellsteps
☐	●●	Revisit Vest's <u>Social Connection: Impacts of Physical and Mental Health</u> presentation	Emotional/ Occupational	None
☐	●●	Revisit <u>Fueling a Resilient Mindset: Nutrition and Mental Health for Everyday Well Being</u>	Emotional	Picture
☐	●	Revisit the podcast episode <u>May-cember/Mental Health Awareness Month with special guest Deana Weeks</u>	Emotional	Picture
☐	●●	Join the conservation parks <u>Utah's Urban Conserver</u> class 08/04	Emotional/Social	
☐	●●●	Join the conservation parks <u>Waterwise Plants Tour</u> 08/06	Emotional/Social/ Intellectual	None
☐	●●	Utilize the NIH <u>Emotional Wellness Checklist</u>	Emotional	Picture
☐	●●	Join the Conservation Park's <u>Forest Bathing Experience</u> 08/08	Emotional/Social	Picture
☐	●●	Join the Conservation Park's <u>Qigong and Tai Chi in the Garden</u> event 08/14	Emotional/Social	Picture