



SEPTEMBER'S WELLBEING PLAYBOOK

This September, build your personal wellbeing playbook with practical skills focused on movement, physical activity, stress reduction, and health education.



Movement

Discover movement 'snacks' and simple ways to add more activity to your day.



Community

Explore how parks and community spaces can support movement.

Outdoor Activities

Enjoy a hike on your own time or join us for a lift and hike at Solitude Mountain Resort.



Movement & Stress

Practice quick movement breaks and strategies for managing stress.



PLAYBOOK

BREAKDOWN



4 Week Playbook Breakdown:

Week 1: 9/1 – 9/5 | Gameplan

Week 2: 9/7– 9/12 | Game Day

Week 3: 9/14 – 9/19 | Hydration Break

Week 4: 9/21 – 9/30 | Recovery

Activities & Workshops to Readiness:

9/1/26 at 11:30 am – ‘Movement Snacks: Small Ways to Move Throughout the Day’ Workshop.

9/8/26 at 12:00 pm – ‘Turning Community Spaces into Healthy Places’ Workshop

9/9/2026 at 11:30 am – ‘Movement Snack: Body Weight Strength Training’ Active Workshop

9/17/26 at 12 pm – ‘Hydration Game Plan: Building your Daily Water Strategy’ Workshop

9/19/26 at 10:00 am – Solitude Lift Ride and Hike

9/22/26 at 12:00 pm – ‘Sleep and Recovery’ Workshop

9/28/26 at 11:30 am – ‘Movement Snack: Desk Yoga/Stretching’ Active Workshop

**Sept.
1st-30th**

**Earn Up To:
95 Pts.**



Point Breakdown:

How To Earn? Points:

- All Workshops – 10 pts each
- Build Your Goal & Movement Playbook – 5 pts
- Movement Snacks: Active Workshop – 10 pts each
- Go for H2O Challenge – 10 pts
- Hike on your own time – 10 pts
- Solitude Lift Ride and Hike – 10 pts

Workshops:

September 1 at 11:30am to 12:00pm

'Movement Snacks: Small Ways to Move Throughout the Day' Workshop.

September 8 at 12:00 PM to 12:45 PM

'Turning Community Spaces into Healthy Places' Workshop.

September 17 at 12:00 PM to 12:30 PM

'Hydration Game Plan: Building Your Daily Water Strategy' Workshop.

September 22 at 12:00 PM to 12:30 PM

'Sleep and Recovery' Workshop.



BUILD YOUR GOAL & MOVEMENT PLAYBOOK

My personal September goal:

By the end of September, I will _____

Why is this goal important to me?

I am most likely to move when:

- ☐ Before work
- ☐ Between meetings
- ☐ During lunch
- ☐ Mid-afternoon
- ☐ After work
- ☐ Other: _____

Movement snacks are short bursts of activity that I can fit into my day.

Think about movements you enjoy, are comfortable doing, and can realistically fit into your workday.

My Movement Snack	How Long?	Where/When Will I Do It?
Example: 10 squats	1-2 min	After my morning meeting
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

My movement cue will be:

"After I _____, I will _____."

Building for the next play:

One movement habit I want to make routine: _____

One thing that might get in my way: _____

When that happens, I will: _____

Someone who can help keep me accountable: _____

