

JULY 2026 WELLNESS NEWSLETTER

SUPPORT MOVEMENT

Having the support of others you care about can go a long way in helping to reach your physical activity goals. And when you exercise with loved ones or friends, you benefit from friendly competition, shared accountability, variety of workout routines, and more fun.



"Several research-based benefits of working out with a partner include increased motivation, improved accountability, and increased exercise intensity." - Mary Edwards, MS Fitness Director, Cooper Fitness Center

JULY FEATURED ARTICLES

SUPPORT MOVEMENT

START A WALKING GROUP

GETTING MOTIVATED TO EXERCISE

BLUE SKY VT KAYAK DAYS

MONTHLY VIDEO



ELEVATE YOUR EVERYDAY: ONE HABIT AT A TIME

Use Online Resources

Visit Be Well Vermont Media Library
Check out the media which includes exercise videos, mindfulness and nutrition content.

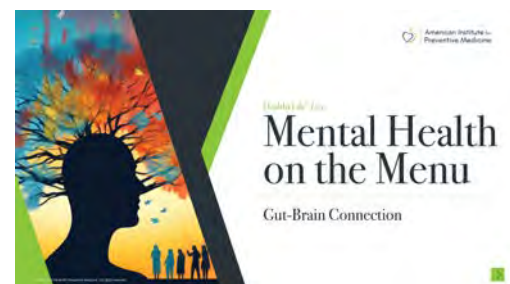
Visit the ACE Fitness Exercise Library
This site offers a variety of movements to choose from with detailed descriptions and photos for proper form.

BEWELL@WORK WORKSHOP

July 21st @ 11:00am to 11:30am

Join us for **"Mental Health on the Menu: Gut Brain Connection"** and create an action plan to enjoy more gut-friendly foods to support your mental and emotional well-being.

REGISTER



Check out our [Blue Sky VT DAYS](#) to learn more about free events for all Vermonters

Support Movement



Support a friend or loved one to reach their physical activity goals.

Remember, when you support them, you may also reap the health benefits of movement if you join them in their physical activities.

Offer to free up some of your partner's time for their activities. And you may also ask for the same support.

Be active with others for mutual support, such as a walking partner, cycling group, or a team sport.

Help them set goals, offer encouragement, and celebrate small wins and milestones.





Start a walking group

Walking is hands down one of the best forms of exercise. Walking with a group is a great strategy to keep you motivated. And what better way to get involved in a walking group than to start one yourself!

1. **Identify target members.** Do you want to invite the general public, only close friends, or people in your neighborhood? Know who you want to join.
2. **Choose a time.** Based on who you plan to invite, pick a regular time slot and schedule about 60-75 minutes.
3. **Plan a route (and a backup).** A good walking route is free, safe, well-maintained, and near your home or work. Also, select a backup indoor location, such as a mall or walking track, for when the weather is poor.
4. **Spread the word.** Reach out to your target members with flyers, social media, phone calls, or emails. Aim for between 5 and 15 members.



BE FIT

GETTING MOTIVATED TO EXERCISE

We know exercise is healthy. But, without motivation, it's hard to get started. Try these tips to get excited about working out, to get going and to stay with it.

- **Set goals you can achieve.** Try 20 minutes of exercise, 3 days per week. Once you've mastered that habit, move it up to 30. Then, increase the number of days, and so on.
- **Make exercise "me time."** Exercise class, a walk or your favorite sport is time that helps your body and mind get healthier. Think of it as a treat to yourself.
- **Write down something you've achieved with exercise.** Whether you met your goal for two weeks or perhaps noticed your mood was better, take note of it. Go back and look at the good things you've accomplished over time. This can give you positive encouragement.
- **Don't dwell on setbacks.** Everyone has a day where they miss a workout. Just move forward and figure out how you can get back into your routine tomorrow.
- **Find support when you need it.** Sometimes, it helps to have a friend cheer you on. Or, maybe a family member is willing to babysit your kids while you exercise. Maybe you can ask a friend to exercise with you. Together, you can motivate each other.
- **Skip the stuff you don't like.** If you really dislike a certain class or activity, don't do it. Instead, find an exercise you can look forward to. Do what gets you active and feels fun and invigorating.
- **Try something new.** Whether it's a new class, a new video or a new piece of equipment at the gym, variety can be fun. Doing the same exercise every day for weeks or months can kill motivation.

If you have any health conditions, or haven't exercised in a long time, ask your doctor which types of exercise would work best for you.

Source: American Academy of Family Physicians

Blue Sky VT DaysSM

SUMMER 2026



Kayak Day Event: August 15, 2026

Join us on August 15 from 10 a.m. to 1 p.m. at **Prouty Beach, Newport** for kayaking fun!

We'll have free boat rentals, personal flotation devices, lawn games, healthy snacks, giveaways, and drinking water.

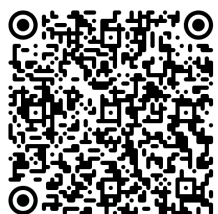
This event is **open to all** - no RSVP required. Mark your calendar, and invite a friend!



Virtual Challenge: August 15 - September 5

Get outside this summer and give back! Here's how to join our summer virtual challenge:

1. Whether you're on land or the lake, step out and take part in an activity you love.
2. Post a photo on Facebook or Instagram tagging **@bluecrossvt**, or send an email to **events@bcbsvt.com**.
3. For every submission we receive, we'll donate \$5 to our community partner, **Camp Exclamation Point**.
4. You'll be entered to win a **kayak package prize!**

[HOME](#)

Visit bluecrossvt.org/events for more info.