



## A Month of Health and Wellness

Kick-off deck 2023 ■ [Let's Get Fit 2023 \(1\).pdf](#)

Official Challenge Dates: June 15-July 15, 2023

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### Let's Get Fit Wellness Activities Timeline

- **Zoom Call Kick-off June 12, 2023**
  - **Introduce:** LDOE's Let's Get Fit Ambassadors - Megan Thompson and Tiffany Thomas
  - Our **Let's Get Fit Ambassadors, Megan, and Tiffany**, will provide a monthly timeline of wellness challenges and activities
    - Each office will assign a team captain to lead the challenge and Fit campaign!
- **Activities for the week of June 19 - 23**
  - LDOE's Let's Get Fit Ambassadors will share weekly wellness challenge updates and tips.
  - **Learn about Couch to 5k** with Let's Get Fit Ambassadors, Megan & Tiffany. **Wednesday, June 21st at 11 am in 3-230 Rapides Room**
  - Daily walk during at least one of your 15-minute breaks (2nd floor of Claiborne building or outdoors)
- **Activities for the week of June 26 - 30**
  - LDOE's Let's Get Fit Ambassadors will share weekly wellness challenge updates and tips.
  - **Learn how to bicycle for fitness** with Let's Get Fit Ambassadors, Megan & Tiffany. **Tuesday, June 27th at 11 am in 1-153 Iowa Room**
  - **Learn how to bicycle for fitness** with Let's Get Fit Ambassadors, Megan & Tiffany. **Thursday, June 29th at 11 am in 3-230 Rapides Room**
  - Daily walk during at least one of your 15-minute breaks (2nd floor of Claiborne building or outdoors)
- **Activities for the week of July 3 - 7**
  - LDOE's Let's Get Fit Ambassadors will share weekly wellness challenge updates and tips.



- **Technology and Fitness - learn how to monitor your progress and stay on target** with Let's Get Fit Ambassadors, Megan & Tiffany. **Wednesday, July 5th at 11 am in 1-155 North Dakota Room**
- **Technology and Fitness - learn how to monitor your progress and stay on target** with Let's Get Fit Ambassadors, Megan & Tiffany. **Thursday, July 6th at 11 am in 1-155 North Dakota Room**
- Daily walk during at least one of your 15-minute breaks (2nd floor of Claiborne building or outdoors)
  
- **Activities for the week of July 10 - 14**
  - LDOE's Let's Get Fit Ambassadors will share weekly wellness challenge updates and tips.
  - **Everything you need to know about running a marathon/training for triathlons** with Let's Get Fit Ambassadors, Megan & Tiffany. **Tuesday, July 11th at 11 am in 1-155 North Dakota Room**
  - **Everything you need to know about running a marathon/training for triathlons** with Let's Get Fit Ambassadors, Megan & Tiffany. **Thursday, July 13th at 11 am in 3-230 Rapides Room**
  - Daily walk during at least one of your 15-minute breaks (2nd floor of Claiborne building or outdoors)