

# Challenge Your Edge!

# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><i>Julia on the Edge</i></p> 		<p>1</p> <p>30 min PA: Outside:</p>	<p>2</p> <p>30 min PA: Outside:</p>	<p>3</p> <p>30 min PA: Outside:</p>
<p>4</p> <p>30 min PA: Outside:</p> 	<p>5</p> <p>30 min PA: Outside:</p>	<p>6</p> <p>30 min PA: Outside:</p>	<p>7</p> <p>30 min PA: Outside:</p>	<p>8</p> <p>30 min PA: Outside:</p> <p>Iowa State Fair begins</p> 	<p>9</p> <p>30 min PA: Outside:</p>	<p>10</p> <p>30 min PA: Outside:</p>
<p>11</p> <p>30 min PA: Outside:</p>	<p>12</p> <p>30 min PA: Outside:</p>	<p>13</p> <p>30 min PA: Outside:</p> 	<p>14</p> <p>30 min PA: Outside:</p>	<p>15</p> <p>30 min PA: Outside:</p>	<p>16</p> <p>30 min PA: Outside:</p>	<p>17</p> <p>30 min PA: Outside:</p>
<p>18</p> <p>30 min PA: Outside:</p> 	<p>19</p> <p>30 min PA: Outside:</p>	<p>20</p> <p>30 min PA: Outside:</p>	<p>21</p> <p>30 min PA: Outside:</p>	<p>22</p> <p>30 min PA: Outside:</p>	<p>23</p> <p>30 min PA: Outside:</p>	<p>24</p> <p>30 min PA: Outside:</p>
<p>25</p> <p>30 min PA: Outside:</p>	<p>26</p> <p>30 min PA: Outside:</p> <p>National Dog Day</p> 	<p>27</p> <p>30 min PA: Outside:</p>	<p>28</p> <p>30 min PA: Outside:</p>	<p>29</p> <p>30 min PA: Outside:</p>	<p>30</p> <p>30 min PA: Outside:</p> 	<p>31</p> <p>30 min PA: Outside:</p>

# The Details

August for me has always marked the beginning of the end of summer. I love those late summer evenings outside listening to cicadas, seeing the tasseled corn, and how the sunset looks a little different at this time of year. There is the excitement of getting school supplies, starting practices for fall sports, and the anticipation of a new school year. While back-to-school time can be busy, I hope that you are all able to take a few minutes each day to soak in that late summer sunshine and spend time listening to the cicada song. As we all know, summer will be over before we know it. Please take time to enjoy it.

Our challenge this month is really to be outside more. Take walks. Read outside. Play with your dog. I know how busy this time can be for everyone. We are staying very simple here at Julia on the Edge. Move your body. Preferably outside.



Photo Credit: Maggie Houtz on Flickr

Ways to stay accountable:

- Keep track of your progress on this calendar.
- Post in the Julia on the Edge Facebook group.
- Tell a friend or family member about the challenge and do it together.

