


# Challenge Your Edge!

# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>Julia on the Edge</i> 			1 30 min PA: Outside:	2 30 min PA: Outside: <b>World Ballet Day</b>
3 30 min PA: Outside: <b>Daylight Saving Time Ends</b>	4 30 min PA: Outside:	5 30 min PA: Outside:	6 30 min PA: Outside: <b>National Nacho Day</b>	7 30 min PA: Outside:	8 30 min PA: Outside: <b>World Pianist Day</b>	9 30 min PA: Outside: <b>Chaos Never Dies Day</b> 
10 30 min PA: Outside:	11 30 min PA: Outside: 	12 30 min PA: Outside: <b>National French Dip Day</b>	13 30 min PA: Outside:	14 30 min PA: Outside:	15 30 min PA: Outside: <b>National Camp T-Shirt Day</b>	16 30 min PA: Outside:
17 30 min PA: Outside: <b>National Hiking Day</b> 	18 30 min PA: Outside:	19 30 min PA: Outside: 	20 30 min PA: Outside: <b>National Hug A Runner Day</b>	21 30 min PA: Outside: 	22 30 min PA: Outside:	23 30 min PA: Outside:
24 30 min PA: Outside: <b>DB Cooper Day</b>	25 30 min PA: Outside: 	26 30 min PA: Outside:	27 30 min PA: Outside:	28 <b>Thanksgiving</b> 30 min PA: Outside:	29 30 min PA: Outside: <b>Iowa vs Nebraska</b>	30 30 min PA: Outside: <b>Small Business Saturday</b>

# The Details

We have two more months of Challenging Your Edge for the year. How are you doing? October was so warm and nice that it was easy to still get outside for walks, runs, hikes, or just playing in the sunshine. The weather is definitely going to be getting colder which makes us want to snuggle up in jammies and blankets instead of going outside. At this time of year it is important to continue to get outside when you can. Even a few minutes is good! Getting that fresh air and Vitamin D from sunshine is crucial to helping mental health.

This month is going to go fast, and I want you to be sure you are taking care of yourselves. Try to get in physical activity every day and plan out your family's meals and snacks to ensure everyone is getting nutrition that will help you maintain energy for the upcoming holidays.

Our calendar this month has a couple of food days as well as some fun things to observe. Let's make these last two months productive and healthy!

\*The day after Thanksgiving is the Iowa-Nebraska football game. Clearly I feel this is just as important as any other observance or holiday. Please watch the Hawkeyes at 6:30pm on NBC.

**GO HAWKS!**

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.

