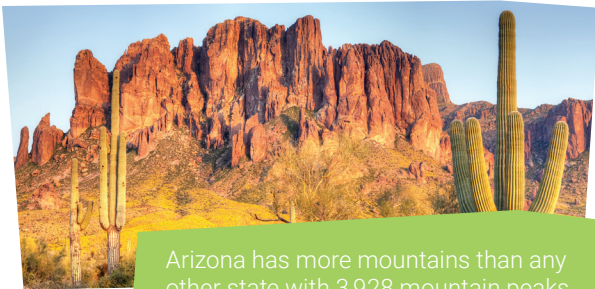


WELLNESS WONDERS OF AZ

Arizona is a wonder! It's a great place to work and thrive—a place to live, play, and be your best. With its local pride, sense of community, great climate and breath-taking landscapes, Arizona is a place for thriving communities!

The Wellness Wonders of AZ spring challenge brings together fun and healthy activities that you can do with your family, colleagues, groups, clubs, or simply enjoy some “me time.” Enjoy the beautiful spring weather and challenge yourself to **complete all seven Wonders by Wellness AtoZ Day on Sunday, May 19!**



Arizona has more mountains than any other state with 3,928 mountain peaks and summits.

Mountains and Parks

Arizona's mountains, peaks, and parks are truly epic and make the state's landscape unique and beautiful. These natural wonders offer spectacular views and amazing hikes. Even if you have never hiked before, Arizona's trails have something for everyone.

Complete the MOUNTAINS & PARKS Wellness Wonder by hiking a mountain or taking a stroll through one of our many park trails. Or, visit a local, state, or national park and share in the history of our beautiful state!

Healthy Recipe Challenge

Being active is important, but so is eating healthy. As you complete your Farmer's Markets and Gardens activity challenge, pick up some fresh produce to make your own healthy snacks and lunches. Being prepared with healthy food at work helps sustain energy and makes you more productive.

Complete the HEALTHY RECIPE CHALLENGE Wellness Wonder and test your skills in the kitchen by whipping up something delicious and healthy!



Most U.S. adults consume 2-3 servings of fruits and vegetables per day. Increasing that number by just one serving, lowers your risk of heart disease by 4%.



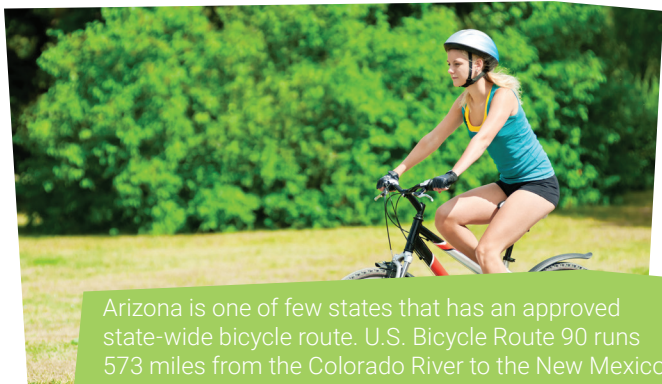
Arizona ranks second in the U.S. in head lettuce, leaf lettuce, romaine lettuce, cauliflower, and broccoli production.

Farmer's Markets & Gardens

Arizona has over 15,000 farms and ranches throughout the state and is ranked fifth for production and sale of vegetables and melons in the U.S. Farmer's markets across the state are seeing an increase in foot traffic and sales as growers continue to educate the community on the benefits of consuming local produce.

Get out and enjoy the spring weather by shopping at a local farmer's marketing or growing your own foods to incorporate fresh, healthy, and local foods into your diet.

Complete the FARMER'S MARKETS & GARDENS Wellness Wonder by planting a garden with at least two fruits, vegetables or herbs, visiting a local farmer's market or community garden, or picking your own produce at a local orchard.

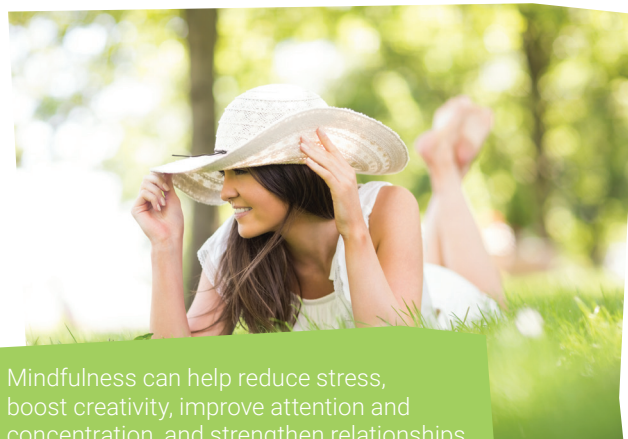


Arizona is one of few states that has an approved state-wide bicycle route. U.S. Bicycle Route 90 runs 573 miles from the Colorado River to the New Mexico/Arizona border.

Springtime Mindfulness

A healthy mind leads to a healthy body. The practice of mindfulness is one that you can do any time of day. With all of the breath-taking views and paths around the desert, you can even take a mindfulness walk. If you're new to the practice, we're sharing a 10-minute mindfulness video that will help reduce stress and provide mental clarity.

Complete the SPRINGTIME MINDFULNESS Wellness Wonder by watching and participating in a quick 10-minute mindfulness practice.



Mindfulness can help reduce stress, boost creativity, improve attention and concentration, and strengthen relationships.



There are over 15 waterfalls in Arizona, from Havasu to the north to Seven Falls near Tucson.

Water in Arizona

Whether you're new to the desert or you've lived here your whole life, you know that there is always something new to explore in Arizona. Did you know that there are six natural bodies of water located within 75 minutes of downtown Phoenix? Take time this spring and find a new waterfall, lake to jump in, or river to dip your toes in!

Complete the WATER IN ARIZONA Wellness Wonder by getting out to find some water in Arizona! Aim for 30 minutes of activity.

Wellness AtoZ Day

Each spring the Wellness Wonders of AZ challenge concludes with its annual Wellness AtoZ Day celebration. Join us this year on Sunday, May 19 to celebrate everything that makes Arizona the best place to live, work, and play!

Complete the WELLNESS ATOZ DAY Wellness Wonder by joining us on Sunday, May 19 for a free day of fitness and fun! If you're not able to attend, you can still complete this activity by doing something active and outside on this day!



Metro Phoenix recently made the top 20 healthiest cities according to the 2019 Healthgrades National Health Index. Celebrate all things health and wellness at the second annual Wellness AtoZ Day event!

Share your photos with us and tag @GoWellnessAtoZ using hashtag #WellnessAtoZDay2019 on your favorite social media channel!



Wellness AtoZ

GREATER PHOENIX CHAMBER
FOUNDATION