

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 fall 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 cool fall weather and challenge yourself to **complete all seven Wonders by November 12!**



Arizona has 35 state parks and natural areas preserving the state's natural, cultural, and recreational resources.

Mountains and Parks

Arizona's mountains, peaks, and parks are truly epic. The buttes, ridges, and mesas 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, peak, or local mountain preserve. Or, visit a local, state, or national park and share in the history of our beautiful state!

Mindfulness Challenge

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 MINDFULNESS CHALLENGE Wellness Wonder and take a few minutes to do one of the mindfulness sessions linked in M2's Mindfulness Resource Guide.



Studies hint that meditation may be the key to fighting aging by improving our brain's ability to change and can grow our cortical plasticity.



Nationally, Arizona ranks second in the production of lemons and third in tangerine production.

Farmers 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. Farmers 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.

Now that it has cooled off, it is the perfect time to shop at a local farmers market or grow your own to incorporate fresh, healthy, and local foods into your diet.

Complete the FARMERS MARKETS & GARDENS Wellness Wonder by planting a garden with at least two fruits, vegetables or herbs, visit a local farmers market or community garden, or pick your own produce at a local orchard.



The Estrella Mountain Regional Park offers over 33 miles of trails designed for hiking, mountain biking, and horseback riding.

Fit for a Cause

Fall in Arizona is the start of race season! You can find a different charity run or walk practically every week to get your heart pumping. This season, we challenge you to race into your community and help make a difference. Whether you participate in a charity race, volunteer with a local organization, or help a neighbor, giving back to your community can benefit both your physical and mental well-being.

Complete the FIT FOR A CAUSE Wellness Wonder by signing up to run or walk in a race, or build your community by providing assistance to someone in need. Find a buddy or gather some co-workers to make the experience even more enjoyable! Aim for 30 minutes of activity.



There are over 60 charity races in Arizona in October alone. Find a cause that you are passionate about and get moving!



Depending on their style of game, tennis players run approximately three to five miles during a five-set match.

Tackle a Fall Sport

Since 1998, the Phoenix metro area has been able to boast that they are home to a major league team in the four dominant American sports—baseball, football, basketball, and hockey. Professional and collegial sports play a big part of the fall season across Arizona. But, you don't have to be a pro to participate!

Complete the TACKLE A FALL SPORT Wellness Wonder and get out and play a sport—any sport! You can gather a team or join a new one! Aim for 30 minutes of activity.

Choose Your Own Adventure

The Wellness Wonders of Arizona celebrates activity, healthy lifestyles, and the beauty this great state has to offer. Enjoy yourself while creating a healthier you and building a healthier Arizona community by choosing your own wellness adventure any time during this six-week challenge.

Complete the CHOOSE YOUR OWN ADVENTURE Wellness Wonder and participate in any outdoor activity to discover Arizona! Aim for 30 minutes of activity.



The Coconino National Forest is home to the largest continuous strand of Ponderosa Pine forest in the world.

Sign up at: phoenixchamberfoundation.com/wondersaz



Wellness A to Z

