


July wellness month





As Bayleys Try July Wellness Month gets underway, we're thrilled to share what's in store for the next couple of weeks! The upcoming weeks are all about nurturing mental and emotional wellbeing alongside physical health, with a range of exciting activities designed to help you feel your best.

 **Wellness speaker:** Marcus Smith, a motivational speaker from Dubai who has an incredible story that promises to inspire and motivate!

Activations


 **Mole Mapping:** Gain peace of mind with a mole mapping session on either July 9th or July 18th. Take this proactive step towards your health and well-being today. Secure your spot now!

 **Tools for Life Workshop:** There will be an opportunity for you to join a Tools for Life workshop in the Auction Room at Bayleys House to gain knowledge and learn the tools necessary to optimize your workspace for both productivity and wellbeing. This event will take place on 15th July at 1:00pm.


 **Corporate Massage:** Indulge in a rejuvenating 20-minute massage session, designed to provide you with blissful pampering and relaxation. With limited times available, we encourage you to secure your spot today to ensure you don't miss out on this opportunity to unwind and treat yourself. This event will take place on Friday 12th July.


 **FitnessAllTogether (FAT):** The FAT classes continue!


- HIIT - Tuesday 9th July at 5:00pm
- HIIT - Tuesday 16th July at 5:00pm
- Yoga - Thursday 18th July at 12:00pm

 **Free 7-day Les Mills Passes:** We're thrilled to offer free Les Mills class passes to kickstart your fitness journey! Experience world-class workouts led by expert trainers and discover a new level of fitness with Les Mills. Whether you're into strength training, cardio, or mindfulness, there's a class for everyone.

Challenges


 **Step Challenge:** Lace up your shoes and step up to the challenge! Install the Pacer app, join the group "Bayleys step challenge 2024" and join the challenge.


 **Dry July Morning Tea:** If going alcohol-free wasn't an option, please donate to the NZ Trust supporting people affected by cancer and join us for a healthy morning tea on Tuesday 23rd July at 10:00am - let's come together and create a positive impact!

 **100 Club Challenge:** Every day in July you will need to complete 25 sit ups, 25 press ups, 25 squats, 25 second plank. Submit your pics to your team admin.

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 **31 Days Hard:** Commit to 31 days of self-improvement with our 31 Days Hard challenge. Sign up to enter the competition and send through to your team admin extra points for creativity! Prizes up for grabs.

- Workout for 45 minutes per day (yoga, run, gym, pilates, boxing etc)
- Read a minimum of 10 pages of non-fiction per day
- Drink 2 litres of water per day
- No alcohol
- No junk food
- No sugar (no pastries/lollies)

Let's make Bayleys Try July Wellness Month a booming success together!