

# 2025 July

Relax, recharge, and stay healthy this summer



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<sup>1</sup> Plan ahead for peace of mind. Complete any responsibilities ahead of time so you can focus on relaxing while on PTO.	<sup>2</sup> Create an “I’m bored” list with a mix of your favorite activities, chores, and things you’ve always wanted to try.	<sup>3</sup> Practice proven strategies to manage stress and anxiety with the Lyra app, available to all associates on Day One. <a href="#">Try it now.</a>	<sup>4</sup> Take time to connect with loved ones. This can improve your mental health, decrease stress, and build memories.	<sup>5</sup> Learning can be fun! Try a local workshop dedicated to a hobby or something new like gardening, glass blowing, or cooking.
<sup>6</sup> Ever tried crisping carrots in an air fryer? Add your favorite seasoning for a guilt-free snack! <a href="#">Try the recipe!</a>	<sup>7</sup> Feel secure on your U.S. road trip with a Walmart+ membership, which includes fuel discounts and flat tire repair.	<sup>8</sup> <a href="#">Video tip:</a> Avoid “juice jacking” and protect your digital data while traveling.	<sup>9</sup> Worried you’ll get sick on vacation? With <a href="#">virtual care</a> , you can talk to a healthcare provider anytime, anywhere with wi-fi or cellular data! <sup>1</sup>	<sup>10</sup> Save money on vacation essentials with the <a href="#">Associate Discount Card</a> , including swimwear.	<sup>11</sup> Take time to relax by yourself. Find a beach read, listen to an audiobook or podcast, watch your favorite show, or enjoy a hobby.	<sup>12</sup> Track your vacation fund with daily snapshots through the ONE@Work app. <sup>2</sup> <a href="#">Start now.</a>
<sup>13</sup> It may sound odd, but scheduling time to be spontaneous can help you balance fun and chores.	<sup>14</sup> Traveling abroad? Protect yourself and those around you from travel-related illnesses. <a href="#">Find a pharmacy.</a>	<sup>15</sup> Figure out what relaxes and recharges you. It may not look like everyone else’s.	<sup>16</sup> Blend black beans into a creamy, flavorful, high-fiber dip in just 10 minutes. <a href="#">Try the recipe.</a>	<sup>17</sup> Staying healthy on vacation doesn’t have to mean hitting the gym. Stay hydrated, sightsee on foot, and add some veggies to your meals.	<sup>18</sup> Make time to spend with your loved ones to help you recharge. Plan a casual meal, game night, or even a walk.	<sup>19</sup> Feeling stiff after a long car ride? Remember to stretch! Find routines online and through your Fitness Pass membership. <sup>3</sup> <a href="#">Learn more.</a>
<sup>20</sup> Spend confidently with ONE@Work’s “Okay to spend” budgeting feature, which tracks your account balance after your bills are paid. <a href="#">Start now.</a>	<sup>21</sup> Staycation on a budget! Visit a local attraction, try a new restaurant, or take a day trip.	<sup>22</sup> If you don’t want to relax your fitness routine while traveling, Fitness Pass offers online classes and access to locations across the U.S. <sup>3</sup> <a href="#">Learn more.</a>	<sup>23</sup> Did your pup have too much fun in the sun? Check out <a href="#">Pawp</a> , a free veterinary telehealth service available through Walmart+.	<sup>24</sup> This iced green tea has that summer-in-a-glass energy, with citrus and mint. <a href="#">Try the recipe!</a>	<sup>25</sup> Make time to connect with yourself. Spending time outside, exercising, or practicing a guided meditation can reduce stress.	<sup>26</sup> Looking for easy and delicious dinner inspiration? Relax, you’ve got this! <a href="#">Browse the recipes.</a>
<sup>27</sup> Unsure? Flip a coin! Whether you’re happy with the results or want to flip again, you’ll know what you want to do.	<sup>28</sup> When traveling, limit the information you post online about your location. <a href="#">Learn why.</a>	<sup>29</sup> Find savings on zoo passes, movie tickets, hotels, and more through the <a href="#">Associate Discount Center</a> on OneWalmart.	<sup>30</sup> Not sure how to make cottage cheese taste good? Start with this sweet, no-cook snack. <a href="#">Try the recipe!</a>	<sup>31</sup> Adding healthy foods can be easier than removing unhealthy foods. Use your <a href="#">Associate Discount Center</a> to get 10% off fresh produce!		

1 Enrollment in a Walmart medical plan required.  
2 One is a financial technology company, not a bank. Banking services provided by Coastal Community Bank, member FDIC.  
3 Eligibility rules apply.

## Get ready to save!

### Associate Discount Card

Get 10% off general goods and fresh produce! All U.S. Walmart associates will receive their Associate Discount Card after approximately 91 days of continuous employment. [Learn more.](#)

### Fresh Tri

Build healthy, lasting habits and change your mindset with this science-backed health and wellness program. [Get the app.](#)

### Walmart+ or Sam’s Club Membership

All U.S. frontline Walmart associates are eligible for a free Walmart+ membership. All frontline Sam’s Club associates receive a free Sam’s Club membership with 10% off fresh produce. [Sign up today.](#)

Get the “Well-being Tip of the Day” texted directly to your phone by our partners at myAgileLife. [Sign up here!](#)



Scan the QR code or visit [One.Walmart.com/Wellbeing](https://One.Walmart.com/Wellbeing) for more ways to own your well-being.