May 26, 2020

TO: Texas A&M AgriLife Employees

SUBJECT: AgriLife Employee Wellness in Coordination with TAMU Flourish: Summer vacation?
Yes, please.

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Summer vacation? Yes, please.
No matter how much you love your job, co-workers, and roommates (the traditional kind, a significant other, or the demanding mini human variety), there is one universal truth: We can all use a vacation. But summer vacation is going to look REALLY different this year. And it might be needed more than ever. So whether you are struggling with FOMO (fear of missing out) or FOGO (fear of going out) – our summer programming is a treasure trove of hacks for bringing vacation vibes and time-honored summer traditions to life in reimagined ways.

This week:
Drop your kids off at Hullabloomers camp or attend Yell Practice as a family
Take a vacation from your regular dinner routine or takeout rut, or teach the kids how to make you breakfast in bed
Relish in some me-time with some movement medicine, a meditation session, or body tune-up (phone, work, and other responsibilities not allowed)
Get your passport ready for a 10-week trip around the world
Make a standard Friday night feel vacation-worthy with a botanical cocktail

NEXT WEEK: Grab your beach bag and your sneakers and charge up your Fitbit device because we're going on vacation with our next Fitbit step challenge as we Trek Across South America! We'll be breaking into travel buddy teams based on cities throughout South America. So, lather on the sunscreen, grab your shades, and help your team take the lead by getting the highest step score as we Trek Across South America.

Here's to feeling like you are on vacation this summer - even when you're not.
Love - Team Flourish

WEB: flourish.tamu.edu | EMAIL: flourish@tamu.edu
APP: Search for "Flourish TAMU" in the App Store or Google Play or sign-up online here.
SOCIAL: Follow us on Facebook, Twitter, or Instagram
WHO: Everyone is invited to participate! So if you haven't already, connect to the TAMU Fitbit program, it only takes a few minutes! CLICK HERE TO JOIN THE "VACATION"
WHERE: Wherever you are! Every step, no matter where counts!
WHEN: A 3 WEEK Vacation! Woo-hoo! We start on Monday, June 1 and end on Friday, June 21
HOW TO WIN: The team with the highest average daily step count will take the win and get bragging rights. We'll also be rewarding the TOP 3 individual steppers with cool vacation swag.

DON'T HAVE A FITBIT DEVICE: Visit our TAMU employee Fitbit store to redeem a discounted device! CLICK HERE TO ACCESS THE STORE

For questions, please contact: Texas A&M AgriLife Employee Wellness Committee | AgriLifeWellness@ag.tamu.edu | p. 979-845-2423

Check out the AgriLife Employee Wellness webpage for upcoming events and resources