

2025 July

Relax, recharge, and stay healthy this summer



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