

## **Adventure2 Spotlight:**

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**Do you participate in the ISU WorkLife and WellBeing live programming– Strolls for Well-being, Mid-Morning Mindfulness, webinars, etc.? If so, how have they supported your well-being?**

I regularly participate in Mid-Morning Mindfulness and have taken the Workshop Series: Spring 2022 Strolls for Well-being at ISU as well as some of the other Strolls programming. Unfortunately, the Spring 2022 weather has not been very conducive to strolling, and as a result, I haven't had any real opportunities to engage with the Strolls experience. I'm looking forward to exploring Strolls in more depth once the weather gets nicer. That's going to happen, right?

**What do you most enjoy about the live programming?**

I like the camaraderie– it's nice to have the opportunity to interact with a diverse group of people beyond my usual work cohort. I also like learning different mindfulness concepts and the fact that neither the Strolls nor Mid-Morning Mindfulness involve a huge time commitment.

**How have these live events impacted your work life?**

It's amazing how just a few minutes of mindfulness can change my whole outlook for the day. If I'm feeling stressed, it's a blanket of calm that really can last the rest of the day. I find that my commitment to the Mid-Morning Mindfulness programming, especially, has grown stronger with the passage of time and is now starting to become a part of my daily life. I feel that speaks really strongly to the value the program holds.

**Would you recommend the ISU WellBeing programs and services, including Adventure2, to other employees? Why or why not?**

I am always talking up Mid-Morning Mindfulness and how much it positively impacts not just my work life, but my personal life as well. I would encourage anyone to at least give it a try.

**Anything else you would like to share with our ISU community?**

This is an amazingly beautiful campus, but many of its gems are not in plain sight. You never know what you might discover unless you explore– whether that's mindfulness or other programming, art on campus, an interesting building– whatever excites YOUR curiosity.

# Have a Great Summer!

Keep reading for tips, ideas and local events to help you get the most out of summer 2022.



## Leverage What Adventure2 Has to Offer

We encourage you to utilize **Adventure2** to help you get the most out of the coming months! Here are some Adventure2 challenges to add to your "My Activities" this summer:

### **Fill Half Your Plate with Vegetables or Fruit**

With lots of yummy fruits and veggies in season, summer is the perfect time to incorporate more in your diet! To earn 25 weekly points, fill half your plate with vegetables or fruit three times per week. For fresh produce, check out your local farmers' market.



### **Learn a New Skill**

Gardening, wakeboarding, painting, grilling and rollerblading are just a few skills that come to mind when we think about summer. Challenge yourself to learn something new and earn 25 weekly points!

### **Be Sun Smart**

Daily sunscreen usage is important year-round, but it is *especially* important during the summer months when we are spending more time in the sun. Make it a goal to apply sunscreen at least four times per week (but every day is even better!) to earn 25 weekly Adventure2 points.

## Local Events and Activities

There's no reason to be bored this summer! There are always so many fun, local activities happening in Ames during the summer months. Community involvement is a great way to meet new people and feel a connection to your city.

### **Ames Farmers' Market**

Ames hosts a Farmers' Market on Main Street every Saturday (May-September) from 8 a.m.-12:30 p.m. This is a great way to immerse yourself in the community, as well as pick up some fresh produce, baked goods, hand-crafted items and more!



### **Ames Municipal Band Summer Concerts**

The Ames Municipal Band hosts concerts at 8 p.m. every Thursday evening in June and July at the Bandshell Park in Ames, located at the corner of Duff Avenue and Sixth Street. Genres that will be played span from popular music and music from movies/Broadway, to light classical, hymns and marches. If you attend, don't forget your blankets and lawn chairs!

## Summer Strolls for Well-being at ISU

Summer is the perfect time to stroll around campus. If you'd like to try something new and take a guided, mindful walk to various campus locations, check out the Strolls [here!](#) This is one of ISU WellBeing's newest mindfulness initiatives, and the summer edition just launched this month.

## Explore Parks in Ames

Did you know that there are 38 parks in Ames? We encourage you to get outdoors and visit at least a few of them this summer! Click [here](#) to check out the City of Ames park system.

## Kids and Parents

School's out for summer! Check out these tips and activities to keep the kids in your life healthy, happy and entertained through the coming months.

### Summer Reading Program at the Ames Public Library

The Ames Public Library's Summer Reading Challenge is running now through August 23! Babies and toddlers, kids, teens, and adults earn different prizes, but the challenge is the same. Click [here](#) to register your little reader(s) for the challenge! (Parents can participate, too!)



### ISU Summer Youth Fitness Program

This program runs Monday-Friday from June 6-July 29. Sports and physical activities are instructed by physical education majors, elementary education majors and graduate students in the Department of Kinesiology. Children in grades K-6 participate in a range of activities such as team sports, gymnastics, dance, physical fitness, swimming, etc. Click [here](#) for more information!

### Traveling with Kids

Before you hit the road with the kids this summer, check out these helpful articles about [car ride survival](#) and [traveling tips](#) to make everything run a little smoother. Traveling with kids will never be seamless, but anything helps!

### Safety Tips

Keeping our children safe is the number one priority. Check out this article for a refresher on [sun safety](#), and this one for [water safety](#).

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