

Celebrate Daylight Appreciation Day!

June Fun Day Challenge



Celebrate June 21, the longest day of the year—the Summer Solstice—by honoring the power of sunlight. Increased daylight can boost mood, reduce fatigue, and enhance energy, productivity, and overall well-being. Take a moment to notice how longer days positively impact you. Connect with others and join our Daylight Appreciation Challenge—get outside and enjoy the sunshine!

There are three easy steps to participate: First, choose one of the three options to the right. Second, take a picture of yourself doing the activity. Lastly, to be entered into the raffle, fill out the [FORM](#) and submit it by midnight on June 30, 2026.

Prize Options:

- Beach Towels
- Hydration packs
- Outdoor Headlamp
- Yoga block and strap

This program is open to all MIIA account employees and their spouses regardless of a health plan status. This program is also open to MIIA account retirees on a MIIA/Blue Cross health plan. All will be entered into the Fun Day Challenge raffle. For every ten submissions, there will be a raffle drawing.

Option 1: Share a meal outside with family and/or friends. Snap a photo of the group.

Option 2: Take a 30 minute walk at sunrise or sunset. Snap a selfie of you enjoying the view.

Option 3: Take a yoga mat outside and lead your own yoga practice, including Sun Salutations. Make sure to snap a photo of your yoga pose outside.