

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Wear red today to increase heart health awareness: https://www.goredforwomen.org/
2 Eating more vegetables supports heart health. Add 1 or more servings of veggies to your meals this week.	3 Take the stairs or park further away today to get in extra movement	4 Smile at a stranger	5 Upon waking in the morning, drink 8-12 oz of water	6 Learn more about heart check foods here: https://www.heart.org/en/healthy-living/healthy-eating/heart-check-foods	7 Plan a heart check food or recipe to try next week	8 Think of one thing you are grateful for. Write it down and reflect on it.
9 Explore the benefits of mindfulness : https://www.mindful.org/meditation/mindfulness-getting-started/	10 Take a 3-5 minute stretch break at least once during the day	11 Eat your heart check food or recipe that you planned last week!	12 Take 3 deep, full breaths upon waking	13 Give someone a compliment today	14 Happy Valentine's Day! Read how relationships affect our well-being: https://onbeing.org/libraries/friendship-relationships/	15 Enjoy a piece of chocolate today. It has beneficial antioxidants!
16 Tonight, make an effort to get 7-9 hours of sleep and see how you feel	17 Fun Holiday: Random Act of Kindness Day https://www.timeanddate.com/holidays/fun/random-act-of-kindness-day	18 Opt for paper instead of plastic	19 Move your body! Walk, jog, swim, do yoga, dance, or whatever feels good	20 Give yourself a compliment today	21 Free Day! Choose one tiny habit to focus on and write it down	22 Get to know the Clean 15 and the Dirty Dozen: https://www.ewg.org/foodnews/dirty-dozen.php
23 Plan for a Meatless Monday for tomorrow: http://www.eatingwell.com/gallery/13658/meatless-monday-healthy-vegetarian-recipes-you-must-try/	24 Start off your week with a breakfast fueled by protein and healthy fats	25 Avoid overeating. Fix a small plate, eat slowly and savor the flavor.	26 Take a pause and reflect on what matters most in life to you	27 Learn more about healthier household products here: https://www.ewg.org/guides/cleaners	28 Pick up trash at a park or playground	29 Celebrate YOU for completing a month of healthy activities! Share your successes!



National Health Observances

Recreational Therapy Month
<https://www.atra-online.com/>

National Children's Dental Month
<https://www.ada.org/en/public-programs/national-childrens-dental-health-month>

American Heart Month
<https://www.heart.org/>

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