

SEPTEMBER 2024

Focus on Physical Wellness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>I cannot endure to waste anything so precious as <i>autumn sunshine</i> by staying in the house.</p> <p>Nathaniel Hawthorne</p>						
<p>1</p> <p>It's the First Day of a New Month!</p> <p>What can you do to make your life better this month?</p>	<p>2</p> <p>Labor Day</p> 	<p>3</p> <p>If You Have Trouble Sticking with a Morning Workout, Try Putting Your Workout Clothes and Shoes Next to Your Bed so You See Them First Thing.</p>	<p>4</p> <p>Are You Getting Enough Water?</p> <p>Try a free tracking app to help keep you accountable.</p>	<p>5</p> <p>Don't Reach for Your Phone When You First Wake Up.</p> <p>Instead, drink water, stretch, and meditate.</p>	<p>6</p> <p>STEP CHALLENGE TODAY!</p> <p>Let's get 5,000 steps! This is equivalent of walking for 30-40 minutes.</p> 	<p>7</p> <p>Try Some Yoga Poses</p> <p>Practicing yoga for 30 minutes is equivalent to walking 3,000 steps</p>
<p>8</p> <p>International Literacy Day</p> <p>Pick up a book from your TBR list, and read at least a chapter today.</p>	<p>9</p> <p>Build Strength</p> <p>Plank for 40-50 seconds. You can modify by doing the plank on your elbow.</p> 	<p>10</p> <p>Try Fruit or a Fruit Salad for Dessert Instead of Something Sugary.</p>	<p>9.11</p> <p>PATRIOT DAY</p> <p>WE WILL NEVER FORGET</p> 	<p>12</p> <p>Buddy Up!</p> <p>Ask a friend to join you for a workout, a walk, or healthy meal to help hold yourself accountable.</p>	<p>13</p> <p>Go to Bed a Little Earlier Tonight.</p> <p>Adding even 15-30 minutes of sleep can increase your energy levels.</p>	<p>14</p> <p>Before Stretching, Be Sure to Warm Up with 5-10 Minutes of Light Activity.</p>
<p>15</p> <p>Use 1 Hour Today to Meal Prep Healthy Meals and Snacks for the Week.</p>	<p>16</p> <p>Practice Deep Breathing to Help Ease Stress.</p> 	<p>17</p> <p>Find Moments of Joyful Movement Every Day.</p> <p>Do you love to walk? Garden? Dance? Not all movement has to be a structured workout.</p>	<p>18</p> <p>Try a 15 Minute Dance Party While Dinner Cooks.</p> <p>Play your favorite music, and dance it out!</p> 	<p>19</p> <p>STEP CHALLENGE TODAY!</p> <p>Let's get 7,500 steps! You can accumulate steps at work, walking to and from the parking lot, or moving around the house.</p>	<p>20</p> <p>Try drinking 16 oz. of water as soon as you wake up to jumpstart your metabolism.</p> 	<p>21</p> <p>Quick Morning Workout</p> <p>20 Jumping Jacks 10 Squats 60 Second Plank</p>
<p>22</p> <p>Goodbye Summer Hello Fall</p> 	<p>23</p> <p>Apples are in season!</p> <p>This super fruit is high in fiber, and other nutrients. Grab one today!</p>	<p>24</p> <p>Remember that working out for 15 minutes is better than not working out at all.</p> <p>Even if you only have the energy to do a little, a little is better than not at all.</p>	<p>25</p> <p>Write Down 5 Things You Are Grateful For, and Put the List Somewhere You Can See It.</p>	<p>26</p> <p>Check Out YouTube for a Free Workout Today.</p> <p>Try something new like: Yoga, Pilates, HIIT, Cardio, or Zumba.</p>	<p>27</p> <p>Try some Yoga Poses</p> <p>Practicing Yoga for 30 Minutes is equivalent to walking 3,000 steps.</p>	<p>28</p> <p>Sit Less</p> <p>Challenge yourself to sit less. Try to stand to do an activity rather than sit.</p>
<p>29</p> <p>Focus on Your Sleep.</p> <p>Make sure your bedroom is dark, cool, and free of distractions. Try putting down your electronics at least 30 minutes before bed to signal your brain to sleep.</p>	<p>30</p> <p>EAT THE RAINBOW</p> <p>Make sure you're eating each color of the rainbow regularly. Check out fresh seasonal fruits and veggies.</p> 	<p>CONGRATULATIONS!</p> <p>You made it through September!</p> <p>Make sure to check in with your goals and see how you did.</p> <p>Start thinking about October's goals!</p>				

HOW TO USE THIS CALENDAR: If you are new to your wellness journey, try starting with choosing 1 activity per week. As you are able, you can add a second or third activity to do per week. The goal of this calendar is to provide ideas to help you on your path to wellness whether that is to complete every task or it is to give you a starting point. However you choose to use this calendar, just know there is no right or wrong, only what works for you.