

# APRIL 2018

# Everyday Healthy Living Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

**Easter**

Shoot for seven to nine hours of sleep each night.

2

**SPEND TIME WITH FRIENDS AND FAMILY TODAY**

3

Take advantage of the variety of vegetables available during spring.

4

Turn off your cell phone, or put it on silent, before driving

5

Take a walk after dinner instead of turning on the TV.

6

Replace old or worn out toothbrushes

7

**REPLACE YOUR OLD WORKOUT SHOES TODAY.**

8

Get some fresh cut flowers to brighten your table

9

Bring a bag of fruit today to keep you from reaching for less healthy snacks.

10

Take time to stretch—a simple stretch can increase your blood flow.

11

Take a walk during your breaks—get outside if you can.

12

**SET A REMINDER TO MOVE EVERY 20 TO 30 MINUTES.**

13

Decrease your salt intake; try some fresh herbs on your food. They are great in a salad

14

Try a new veggie dish with dinner today

15

Surround yourself with people who support you and make you feel good about yourself

16

**BREAK OUT OF THE DAILY GRIND AND HAVE SOME FUN.**

17

Stay positive—people who have bright outlooks on life generally have fewer health problems

18

**REDUCE STRESS:** High stress levels can contribute to heart disease, stomach problems and more

19

Flossing is the new yoga—having good oral health cuts your risk of heart disease and other medical problems.

20

**TRY A YOGURT SMOOTHIE.**

21

Check the expiration date on your over the counter medications

22

**Earth Day**

If you're outside, make sure to use a sunscreen with SPF 15 or higher.

23

Getting regular checkups, screening tests and vaccinations can help keep you healthy.

24

As the heat kicks into high gear it is harder to stay hydrated and more important to drink more water

25

Try to keep a healthy work-life balance and do activities you enjoy once in awhile

26

**TAKE THE STAIRS WHENEVER POSSIBLE TODAY**

27

Change your pillows to reduce exposure to allergens

28

Clean out your medicine cabinet. The Hermiston Police Dept. has a medicine drop box.

29

The weather is warm and the days are longer—a perfect combination to get active outside.

30

**PLANT A GARDEN** include a new veggie or fruit to try.