

AUGUST 2017

Everyday Healthy Living Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

Try a new fruit like persimmons—they are a great source of fiber

2



Call a friend you haven't connected with recently

3

Try a three ingredient smoothie today—easy, fast, and delicious

4

Free health Screenings today at Good Shepherd 8:00-11:00AM Questions? Call 541-667-3509

5

GRILL YOUR CORN ON THE COB:
Leave the husks on, and grill for about 30 minutes

6

When out and about don't forget the sunscreen and sunglasses for all family members

7

TAKE THE STAIRS TODAY



Schedule check-ups for the whole family

8

Add arugula and mustard greens to your salad for a little extra kick



9

Make a meal plan for this week and be sure to add a fruit and veggie to each meal

10

SPEND SOME TIME WITH A FRIEND OR LOVED ONE TODAY.

11

Park a little further away today and try to get a few extra steps in



18

DO A RANDOM ACT OF KINDNESS TODAY

12

Don't forget the life jackets when out on the water



13

Eat breakfast today, like omelette with vegetables or fruit salad with yogurt.

14

STAY HYDRATED TODAY

Remember to carry a water bottle with you

16

CHOOSE WHOLE GRAINS

Try wholegrain breads and pastas, oatmeal, brown rice, or bulgur

17

Get up and away from your desk today. Go for a 5-10 minute walk today

19

Make a meal plan for this week and be sure to add a fruit and veggie to each meal

20

Try to get enough sleep tonight to feel refreshed tomorrow morning

21

Stay Eclipse Safe Today!

Wear Eclipse Glasses to Look at the Sun

22

Eat outside! Grab a salad today, add a new fruit or veggie to the mix

23

Oily fish like tuna and salmon have great nutritional benefits including omega-3 fatty acids.

24

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

25

Make a healthy smoothie with Greek yogurt, blueberries, banana and ice.

26

HEAT SAFETY:
avoid intense activities between noon and 3 p.m. when the sun is at its strongest.

27

Plan and cook meals at home together. Involve children in choosing menu items

28

Look for opportunities to volunteer at your child's school

29

Don't hit the snooze—wake your body from sleep by stretching your back, legs, and neck.



30

Mash up fruit, put in paper cups, insert a popsicle stick, freeze overnight and enjoy!

31

Check out the Good Shepherd Education Services brochure for upcoming events or classes

