

FEBRUARY 2018 Everyday Healthy Living Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

IF YOU SMOKE

Now is a great time to stop. Call 541-667-3509

2

Groundhog Day

Don't forget to wear red today for woman's heart health

3

STRETCH FOR 15 MINUTES TODAY

4

Superbowl

Try a healthy snack like fresh cut fruit, or veggies and hummus

5

MAKE TIME TO EAT BREAKFAST TODAY

6

Cut down on salt today by using other spices.

7

Get 15 minutes of physical activity today

8

Have some heart healthy snacks today like raw nuts or a piece of fruit

9

Have spinach instead of iceberg lettuce in your salad today

10

TAKE TIME FOR YOURSELF TODAY

11

Plan on trying some DASH or TLC recipes this week

12

Get outside today and get some fresh air

13

TRADE A CUP OR GREEN TEA FOR A CUP OF COFFEE TODAY

14

Valentine's Day
Listen to a guided meditation to reduce stress

15

Trade out an avocado for mayonnaise on your sandwich today

16

Take some time for yourself today

17

Become label savvy—take time to know what you are eating

18

Plan a heart healthy menu for this week.

19

Presidents Day
Have fish or vegetarian dinner tonight instead of red meat.

20

Eat some whole grains today. Try bulgur, popcorn, brown rice, barley, whole oats

21

Get 30 minutes of physical activity today

22

Cut out any sugary drinks today. To increase your water intake try a water challenge.

23

TRY TO GET 5000 STEPS IN TODAY

24

Research some stress management tools to use to destress your life

25

Try eating a vegetarian diet today

26

Get up and move around. Stay active throughout today.

27

GET AT LEAST 7 HOURS OF SLEEP TONIGHT

28

TAKE A 15 MINUTE WALK TODAY