

NOVEMBER 2017 Everyday Healthy Living Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

**BE ACTIVE,
EVERY BIT
ADDS UP.**

2

Looking at piles of Candy still? Freeze the rest and save it for a later treat.

3

Call your dental provider to schedule your annual dental exam.

4

Remember to set your clocks back one hour before bed tonight

5

Struggling with the time change? Try not to nap, and try these 4 easy tips.

6

It's National Lung Cancer Month. To quit tobacco call the Oregon Quit line at 1-800-QUIT-NOW

7

Change all the batteries in your smoke alarms as well as your windshield wiper blades.

8

Struggling with the shorter days?
Talk to your provider about Seasonal Affective Disorder.

9

**SPEND SOME
TIME WITH A
FRIEND OR
LOVED ONE
TODAY.**

10

**DO SOMETHING
FOR YOURSELF**
Journal, read, meditate. Just take some time for YOU today.

11

**THANK
YOU TO ALL
WHO HAVE
SERVED**

12

**TRY CRUNCHY
VEGETABLES
INSTEAD OF
CHIPS.**

13

GET OUTSIDE
Take a 5 - 15 min walk and try to get some fresh air.

14

Try a healthy apple recipe today. Apples are a great source of fiber.

15

November is National Diabetes month. Ask your provider about annual blood work

16

**TRY A KALE
SALAD WITH
DINNER
TONIGHT**

17

**Great American
Smokeout**
Call 541-667-3509 for information about tobacco cessation

18

**GREENS ARE
A DELICIOUS
WAY TO
LOWER
CHOLESTEROL**

19

Be reasonable with your schedule. Do not overbook yourself into a state of exhaustion.

20

**DON'T FORGET
TO PULL OUT
YOUR TURKEY
TO DEFROST.**

21

Park just a little further away in the parking lot today and get just a few more steps in.

22

Drink water instead of sugary drinks and let thirst be your guide.

23

Thanksgiving Day
Try a new healthy side dish today.

24

Keep a small amount of leftovers out and freeze the rest for an easy dinner next month

25

Be sure to get some physical activity today—take a walk, go for a hike, or ride a bike

26

Add color to salads with colorful fruits and vegetables.

27

**Having trouble
sleeping?**
Schedule an appointment with your provider.

28

Make a veggie wrap rolled in a whole-wheat tortilla for lunch

29

Be sure to get up and move today. Set an alarm and move for about 2 mins every hour.

30

**Gearing up for
the holiday season**
Be reasonable with your schedule.