

OCTOBER 2016

Everyday Healthy Living Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Set a goal this month—like drink more water. Make a plan for each day.

2

Keep track of your physical activity this week



3

TRY A YUMMY APPLE GINGER SMOOTHIE

4

Head to River Front Park for the last Walk Hermiston event of the season at 5:30pm.



5

CALL FOR AN EYE EXAM TODAY

6

Change your routine today; try taking a different way to work.

7

Review your physical activity for this week and set goals for next week

8

SPEND SOME TIME OUTSIDE TODAY

Take a walk or read a book in the park.

9

Make a weekly meal plan and grocery list to help stay away from junk food.

10

Call to schedule a regular Mammogram



11

Add some apples and pears to your salad today

12

Get up and move at least every hour, set a timer on your phone to remind you.

13

Try apple slaw with dinner tonight for a tangy and crunchy side dish

14

Try some pumpkin pudding for desert



15

Go for a walk, even if just to get the mail, but be sure to get up and move today.

16

SPEND TIME WITH A FRIEND OR LOVED ONE TODAY

17

Call your provider for an annual wellness exam.



18

Gentle stretching helps alleviate stress, increase range of motion, improve circulation and flexibility.

19

TRY A COCONUT PERSIMMON SMOOTHIE



20

Go for a 15 min walk or try to get some extra steps in today.

21

Do you know your Number?
Stop in for Healthy Friday

22

NATIONAL NUT DAY

Bring some raw nuts with you today to have as a snack.

23

Make a Healthy salad dressing to use this week.

24

Set the alarm a few minutes earlier

25

Park further away at the grocery store or at work, to get in some extra steps

26

STAY HYDRATED

Bring a water bottle from home and be sure to fill it up at least twice today.

27

Write down all the food you eat today



28

NATIONAL CHOCOLATE DAY

Enjoy some 70% dark chocolate today.

29

Count your steps using a pedometer or an app on your phone.



30

Review your monthly goal

31

Keep an eye out for Trick or Treaters