

A healthy lifestyle is made up of a whole collection of small, daily decisions. A small decision like drinking more water today may seem insignificant, but when you spread this decision out over a week, month, or year, it adds up to a healthy, happy you! Get your copy of this calendar by scanning the QR code below and check it out daily to see what little thing you can do to keep healthy, strong and motivated.

SUNDAY

MONDAY

TUESDAY

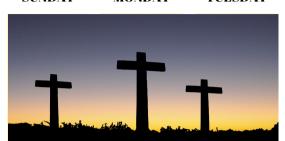
WEDNESDAY

THURSDAY

FRIDAY

3

SATURDAY



FIRST UP

Make a list of GOALS you want to accomplish by the end of the month MAKE THIS DAY GREAT!

"If it came from a plant, eat it. If it was made in a plant, don't."

MICHEAL POLLAN

Schedule Your Workouts

KEEP THEM IN YOUR CALENDAR JUST LIKE YOUR OTHER APPOINTMENTS.





CARROTS ARE A
GOOD SOURCE
OF BETA
CAROTENE,
FIBER, VITAMIN
K1, POTASSIUM,
AND
ANTIOXIDANTS.



NA SI DA T C.

NATIONAL SIBLINGS DAY! SEND THEM A CARD OR GIVE A QUICK CALL

I praise you because I am fearfully and wonderfully made

> Psalms 139:14

11



Quick Morning Workout

20 JUMPING

20 JUMPING JACKS 15 SIT UPS 10 PUSH UPS

> Eat a healthy breakfast!



Demystifying Detox JOIN US!

BRING A GUEST
LOCATION: TRUE HEALTH
CHIROPRACTIC
TIME: 6 PM



Happy
Wednesday!
Don't think
about quitting,
while you're at
see if you can
motivate
someone else
today too!



Follow this simple rule. If you can't pronounce it...don't eat it.



FREE
WORKSHOP @
LITTLE RIVER
LIBRARY
INFLAMMATION

AND DETOX

Join us at 11:00





Some Benefits of Garlic

- COMBAT THE COMMON COLD
 REDUCE BLOOD PRESSURE
 IMPROVES CHOLESTEROL
- IMPROVES
 CHOLESTEROL
 LEVELS
 LOWER THE RISK
 OF HEART
 DISEASE



Garlic Bean Dip Recipe. Scan the QR code with your cell phone.



WHAT ARE YOU THANKFUL FOR?

25



See if you can get in at least 5 servings of fruits and veggies today



29
HYDRATE!

HAVE YOU BEEN
DRINKING
ENOUGH WATER?
START WITH 16
OUNCES AS SOON
AS YOU GET OUT
OF BED. IT
KICKSTARTS
YOUR
METABOLISM!





CONGRATS! You made it through April. Make sure to check in with your goals and see how you did. Start thinking about May's goals while you're at it!