

2020 APRIL

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	SATURDAY
			1 FIRST UP Make a list of GOALS you want to accomplish by the end of the month	2 MAKE THIS DAY GREAT!	3 "If it came from a plant, eat it. If it was made in a plant, don't." MICHEAL POLLAN	4 <i>Schedule Your Workouts</i> KEEP THEM IN YOUR CALENDAR JUST LIKE YOUR OTHER APPOINTMENTS.
5 <i>Meal Prep</i> TODAY IS A GREAT DAY TO PLAN YOUR MEALS FOR THE WEEK.	6 	7 CARROTS ARE A GOOD SOURCE OF BETA CAROTENE, FIBER, VITAMIN K1, POTASSIUM, AND ANTIOXIDANTS.	8 Try this yummy smoothie recipe! Scan the QR code with your cell phone. 	9 	10 NATIONAL SIBLINGS DAY! SEND THEM A CARD OR GIVE A QUICK CALL	11 <i>I praise you because I am fearfully and wonderfully made</i> Psalms 139:14
12  Happy Easter!	13 Quick Morning Workout 20 JUMPING JACKS 15 SIT UPS 10 PUSH UPS Eat a healthy breakfast!	 14 Demystifying Detox JOIN US! <small>BRING A GUEST LOCATION: TRUE HEALTH CHIROPRACTIC TIME: 6 PM</small>	15 GET MOTIVATED <i>Happy Wednesday! Don't think about quitting, while you're at see if you can motivate someone else today too!</i>	16 Follow this simple rule. If you can't pronounce it...don't eat it.	 17 FREE WORKSHOP @ LITTLE RIVER LIBRARY INFLAMMATION AND DETOX Join us at 11:00 AM	18 
19 National Garlic Day 	20 Some Benefits of Garlic <ul style="list-style-type: none">• COMBAT THE COMMON COLD• REDUCE BLOOD PRESSURE• IMPROVES CHOLESTEROL LEVELS• LOWER THE RISK OF HEART DISEASE	 21	22 Garlic Bean Dip Recipe. Scan the QR code with your cell phone.	23 24 BE HAPPY BE BRIGHT BE YOU!	25 WHAT ARE YOU THANKFUL FOR?	
26 <i>Deep Breathing</i> TAKE 5 MINUTES TO TAKE IN A FEW DEEP SLOW BREATHS AND RELAX	27 See if you can get in at least 5 servings of fruits and veggies today	 28	29 HYDRATE! HAVE YOU BEEN DRINKING ENOUGH WATER? START WITH 16 OUNCES AS SOON AS YOU GET OUT OF BED. IT KICKSTARTS YOUR METABOLISM!	30 POSTURE CHALLENGE LOOK UP AT THE CEILING AND STRETCH		

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!