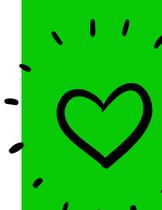


2020 march

A healthy lifestyle is made up of a whole collection of small, daily decisions. We will be bringing you daily tips and tricks all month, with our main focus being on building and keeping a healthy heart! Heart disease is the number one killer in the United States, but you can learn natural and effective ways to prevent this disease and correct it. Download the recipes throughout this calendar and enjoy our exercise tips to get you moving!

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 	3 Your heart beats about 100,000 times a day. Take care of it by reducing stress. Make a list of 5 things you are thankful for today.	4 <i>Schedule Your Workouts</i> KEEP THEM IN YOUR CALENDAR JUST LIKE YOUR OTHER APPOINTMENTS.	5 "If it came from a plant, eat it. If it was made in a plant, don't." MICHEAL POLLAN	6 HYDRATE! HAVE YOU BEEN DRINKING ENOUGH WATER? START WITH 16 OUNCES AS SOON AS YOU GET OUT OF BED. IT KICKSTARTS YOUR METABOLISM!	
8 Time Change  Spring Morning Workout 20 JUMPING JACKS 20 SIT UPS 20 PUSH UPS	9 NATIONAL NAPPING DAY A FIFTEEN MINUTE POWER NAP HAS BEEN SHOWN TO BOOST YOUR METABOLISM, GIVE YOU ENERGY AND DECREASE CRAVINGS! GO CATCH A QUICK NAP!	 10 Heart Health JOIN US! BRING A GUEST LOCATION: TRUE HEALTH CHIROPRACTIC TIME: 6 PM	11 GET MOTIVATED Happy Wednesday! Don't think about quitting, while you're at see if you can motivate someone else today too!	12 	13 	 14 Happy St. Patrick's Day! Make yourself a healthy green smoothie for breakfast. Scan the QR code with your cell phone
15 <i>Deep Breathing</i> TAKE 5 MINUTES TO TAKE IN A FEW DEEP SLOW BREATHS AND RELAX	16 Benefits of Curry • TURMERIC IS THE SPICE THAT GIVES CURRY ITS YELLOW CHARACTERISTICS. STUDIES SHOW THAT TURMERIC'S ACTIVE COMPOUND, CURCUMIN BLOCKS SEVERAL INFLAMMATORY CHEMICALS REDUCING INFLAMMATION THROUGHOUT THE BODY		18 Thai Cauliflower and Sweet Potato Curry Recipe. Scan the QR code with your cell phone for the recipe.	19 NATIONAL LET'S LAUGH DAY Laughing is a great way to release tension, relax and naturally improve the function of your blood vessels to increase blood flow.	 20 FREE WORKSHOP @ LITTLE RIVER LIBRARY HEART HEALTH Join us at 11:00 AM	21 EAT HEALTHY FATS Avoid trans fats, vegetable oils, and margarine. Healthy fats include: avocados, nuts, seeds, coconut, olives
22 MOVEMENT MINUTE Get up and do 1 minute of high knees, pushups, or triceps dips	23 See if you can get in at least 5 servings of fruits and veggies today	24 	25 GET MOTIVATED Happy Wednesday! Don't think about quitting, while you're at see if you can motivate someone else today too!	26 Healthy Snack Alert! Download by scanning the QR Code 	27 	28 POSTURE CHALLENGE LOOK UP AT THE CEILING AND STRETCH
29 	30 MOVEMENT MINUTE Get up and do 1 minute of walking in place, jumping jacks or squats. Get that heart a pumpin'!	31 MOVEMENT MINUTE Get up and do 1 minute of walking in place, jumping jacks or squats. Get that heart a pumpin'!				

CONGRATS! You made it through March. Make sure to check in with your goals and see how you did. Start thinking about April's goals while you're at it! Want a copy of the calendar? Scan the code and download it from our website.