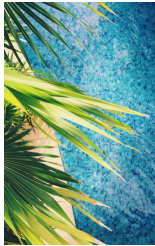














2020 June

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 Look Up TO EXPERIENCE PROPER POSTURE AND BETTER HEALTH	2 <i>Go Hard</i> MAKE TODAY THE DAY YOU PUT YOUR BEST EFFORT FORWARD		4 <i>Be Kind</i> RANDOM ACTS OF KINDNESS MAKE EVERYONE FEEL GOOD	5 <i>World Environment Day</i> DO YOUR PART & GO GREEN!	6 MIDDAY SUNLIGHT Get all of your Vitamin D within 15 minutes with exposure to 80% of your body!
	8 	9 Studies show the risk of cardiovascular disease is lower in the who regularly take the stairs! TAKE THE STAIRS!		11 TRY TO EAT 6 Servings of fruits & veggies TODAY	12 	13 HYDRATE! ARE YOU DRINKING ENOUGH WATER? START BY DRINKING 16OZ OF WATER TO KICK START YOUR METABOLISM
	15 ALMOST Half Way THERE	16 <i>Natural Solutions</i> FOR HORMONAL IMBALANCE 6pm	17 <i>National Eat Your Veggies Day</i>	18 ELECTRONIC BREAK Step away from your electronic devices. Go out and enjoy nature!	19 Drugs cost you more than just money. They cost you true health...	20  <i>Happy Summer Solstice</i>
21 <i>Happy Father's Day</i>	22 MONDAY MORNING MOTIVATION TACKLE 3 THINGS ON YOUR TO DO LIST BEFORE 10AM!	23 ONE SMALL POSITIVE THOUGHT IN THE MORNING CAN CHANGE YOUR WHOLE DAY	24 <i>The more you MOVE</i> THE BETTER YOUR MOOD!	25 <i>Blueberry Energy Smoothie</i> Need some extra energy on the job? Check this out! 	26 	27 Keep Calm & Get Adjusted
28 Treat Yourself Relax & Unwind! It's God's Day	29 Chickpea Flatbread Pizza RECIPE 	30 	31 Stay Motivated MOVING INTO JULY! KEEP UP THE HARD WORK			

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.