





2020 July

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 <i>Deep Breathing</i> TAKE 5 MINUTES TO TAKE IN A FEW DEEP SLOW BREATHS AND RELAX	2 FIRST UP MAKE A LIST OF GOALS YOU WANT TO ACCOMPLISH BY THE END OF THE MONTH	3 Look Up TO EXPERIENCE PROPER POSTURE AND BETTER HEALTH WHILE ENJOYING FIREWORKS	4 <i>Happy Independence Day</i>
5 YOGURT & FRUIT	6 QR CODE	7 MORNING MOTIVATION TACKLE 3 THINGS ON YOUR TO DO LIST BEFORE 10AM!	8 <i>No matter how slow you go, you are lapping everyone on the couch.</i>	9 TRY TO EAT 6 Servings of fruits & veggies TODAY	10 <i>Be Kind</i> RANDOM ACTS OF KINDNESS MAKE EVERYONE FEEL GOOD	11 Health is a relationship between you & your body. <small>TERRI GUILLEMET</small>
12 Treat Yourself <i>Relax & Unwind! It's God's Day</i>	13 CREATE HEALTHY HABITS NOT RESTRICTIONS	14 <i>Brain Health Talk</i>	15 HYDRATE! ARE YOU DRINKING ENOUGH WATER? START BY DRINKING 16OZ OF WATER TO KICK START YOUR METABOLISM	16 HYDRATE! ARE YOU DRINKING ENOUGH WATER? START BY DRINKING 16OZ OF WATER TO KICK START YOUR METABOLISM	17 <i>The more you MOVE</i> THE BETTER YOUR MOOD!	18 <i>Fall in love with taking care of your body, mind, & spirit.</i>
19 ELECTRONIC BREAK Step away from your electronic devices. Go out and enjoy nature!	20 Rules to Healthy Living	21 Rules to Healthy Living	22 Our bodies are our gardens- Our wills are our gardeners. <small>WILLIAM SHAKESPEARE</small>	23 RECIPE	24 RECIPE SHRIMP SKEWERS	25 <i>Movement Minute</i> SET UP & EXERCISE RUNNING IN PLACE, JUMPING JACKS, ETC)
26 <i>The body achieves what the mind believes</i>	27 QR CODE	28 QR CODE Trail Mix with Bananas <small>RECIPE</small>	29 Simple Rule If you can't pronounce it... don't eat it.	30 THE FIRST WEALTH IS HEALTH <small>Ralph Emerson</small>	31 <i>Go Hard</i> MAKE TODAY THE DAY YOU PUT YOUR BEST EFFORT FORWARD	

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.