



# Refuel and Unplug

- Half of Americans do not take their paid time off. Exhaustion = Dis-ease.
- Take time to refuel and unplug; increase your productivity, creativity and connection
- Live longer and healthier; take time to downshift and shed stress.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2 Delete one of your social media apps.	3
4	5 Turn off notifications to all apps.	6	7 Enjoy the outdoors. Take day trips while social distancing.	8	9 Renew or start a hobby.	10
11	12 Add fruit or herbs (watermelon, oranges, mint) to your water.	13	14 Use hydrate apps or containers to track your water intake.	15	16 Watch a funny movie or video.	17
18	19 Put your phone out of your reach and on airplane mode during meals.	20	21 DANCE when no one is watching. Feel the music!	22	23 Play a game... color.... complete a puzzle.	24
25	26 Take ACTION... REST... it's a verb!	27	28 Sit at the table and enjoy your meals, chat about your day.	29	30 Make a new friend or renew an old friendship.	31

### EATWell

Water is vital; try to drink at least 64 ounces a day.



### MOVEWell

Make time to PLAY every day... have FUN.



### LIVEWell

Make mealtime media free at least once per day.

