



Healthy Heart

- Take care of your heart by finding opportunities to reduce stress and increase heart healthy activity.
 - Take the American Heart Health Risk Assessment to check your risk for heart attack or stroke.
- Link:** <https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 Keep a bag of nuts at your workspace for a quick high protein grab-it snack	4	5 Step away from your workspace and play your favorite music for 5 minutes twice per day	6	7	8
9	10 Try a breakfast bowl with chopped boiled egg, grape tomatoes, avocado, salt and pepper	11	12 Walk around the building, inside or out!	13	14	15
16	17 Try a salmon and veggie foil packet; season and drizzle with olive oil; bake at 400° for 20 minutes	18	19 Read/listen to a devotion or a quick blog away from your workspace	20	21	22
23	24 Do some quick cardio several times during the day (jog in place, leg flutters, knee lifts)	25	26 Play a brain game or color a picture	27	28	29

EATWell

Incorporate at least one good fat into your meals each day (avocados, nuts, seeds, fatty fish).



MOVEWell

Incorporate at least 20 minutes of movement/activity each day.



LIVEWell

Incorporate a 10-minute break into your work day to decompress.

