

2018

OCTOBER

A healthy lifestyle is made up of a whole collection of small, daily decisions. The decision to drink water instead of soda may seem insignificant, but when spread out over a week, month or year, it adds up to a healthy, happy you! Print out this calendar and check it daily to see what little thing you can do to keep healthy and strong.

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.



3 Get Motivated
When you feel like quitting... Think about why you started and motivate someone else today.

4 Try Out A Magazine Workout
Pick up the nearest fitness magazine and try one of the workouts.



6 Try It Out
Amaranth, like quinoa, is a complete protein, which means it also contains lysine, an amino acid that most grains lack.

7 Go Hard
Make today your hardest workout of the week. Tomorrow you can rest and recover.



10 Skip TV Time
and alternate going for a walk or run. Yes, even if you DVR your shows.

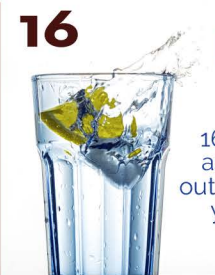
11 Squat Jumps
Let's do a *squat jump* for the rest of the month! A bit of heart rate work while working on total body movement.



13 Schedule your workouts
for the week. Pencil them into your calendar like any other appointment.

14 Stay Positive
Start the week off right. Anytime you feel yourself going negative, focus on the positives.

15 Quick Morning Workout
5 pushups
10 jumping jacks
5 pushups
20 crunches
15 squats



Hydrate!
Start off your morning with 16 ounces of water as soon as you get out of bed. It kickstarts your metabolism!

18 Skip the elevator and take the stairs.
Studies show the risk of **CARDIOVASCULAR** disease is lower among those who regularly climb stairs.

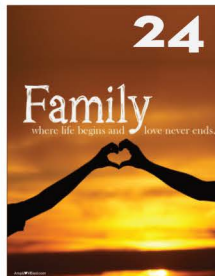
19 Positive Thinking Day
encourages people to deal with difficult situations in life with optimism and positivity.

20 International Observe the Moon Night
This one's simple. Just step out and look up to admire our closest celestial neighbor.

21 Food Prep
Start thinking about your healthy meal plan for next week and prep over the weekend.

22 Square Breathing
Does this week look stressful? Square Breathing techniques calm anxiety and relieve stress.
<https://bit.ly/2OKRLpO>

23 Make A New Recipe
Spice up a boring ole' Tuesday night and try a new dish for dinner.



25 Explore
Go exploring outside with some friends. Observe the people, places and things around you.

26 Start A Healthy Habit
Pick one habit you'd like to get better at! Drink more water, watch less tv, go to the gym!

27 Treat Yourself
It's Saturday! Soak in a hot bath, read a novel or go for a walk. Mental Health is just as important as your physical.

28 Be Kind
Random acts of kindness make everyone feel good. Pay for someone's Starbucks drink today, or just tell someone they look nice.



30 Candy Corn Day
Get a bag of candy corn, share them with friends and co-workers... Don't forget to save some for tomorrow night!

31 KEEP CALM IT'S HALLOWEEN!



GOALS