

# LIVING WELL

## calendar

**1**

Have dinner with your family, friend, or neighbor with no smart devices.

**2**

Volunteer one-hour of your time to help someone else

**3**

Practice being still for 5 minutes today

**4**

Go the extra mile today. Find a way to get more steps into your day than you normally would

**5**

Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)

**6**

Try a new vegetable today or try a familiar vegetable in a new way

**7**

Take 5 minutes to do some flexibility exercises today

**8**

Swap one sugar sweetened drink for water today

**9**

Give 3 compliments today

**10**

Write down 5 blessings or things you are grateful for

**11**

Do 10 body-weight squats

**12**

Do some research to educate yourself on a religion that is different than yours

**13**

Be aware of your feelings. Express them to people you trust

**14**

Reach out to someone you care about. Make a date to get together.

**15**

Be well at work—Set goals for your career and start taking steps to achieve them

**16**

Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same

**17**

Explore public events in your community and discover ways to get involved

**18**

Find a book to read

**19**

Do some research to learn about a people group that is different than yours

**20**

Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment

**21**

Declutter, donate, and recycle things you don't need

**22**

Find an opportunity to appreciate nature today

**23**

Nurture your spiritual wellness. Ask yourself what values, principles, and beliefs are most important to you

**24**

Do 10 pushups (or modified pushups) today

**25**

Take a mental health break at work and go for a walk outside or in the hallways

**26**

Instead of watching a 30 min show tonight, do a 30 min workout (walk in place, stretch, YouTube video, etc.)

**27**

Get outside and soak up some vitamin D. Find a park or trail to take a walk on

**28**

Work on a budget. Meet with someone who specializes in helping people with their finances

**29**

Have a plant-based meal today

**30**

Know your numbers-scheduled a preventative health wellness check with a doctor

**31**

Find a way to help someone in need

# MARCH

Living Well™