



April 2022

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<p>27</p> <p>GOAL Getter</p>	<p>28 29 30 31</p> <p>"Decluttering is infinitely easier when you think of it as deciding what to keep, rather than deciding what to throw away."</p> <p>- Francine Jay</p>					<p>01 <i>April</i></p> <p>WORKOUT (2-4 days /week)</p> <ul style="list-style-type: none"> Crunches x 20 Squat x 15 Single leg bridge x 12 ea. side Push up x 12 Bicep curl x 15 Triceps dips x 15 Abdominal Bicycles x 20 <p>START TODAY!</p>	<p>02 SPRING CLEANING</p> <p>Go through your closets. Anything you haven't worn in the last year, donate!</p> <p><i>*Tip to make this easier next year: Turn all your hangers backwards, when you wear that piece of clothing, hang it back up the right way. At the end of the year whatever is still backwards, consider donating.</i></p>
<p>03 FAMILY WALK</p> <p>Let the youngest person lead the way!</p> <p>Maybe you'll discover something new about your neighborhood.</p>	<p>04 <i>What's for dinner?</i></p> <p>Asian Lettuce Wraps</p>  <p>Find your favorite recipe</p>	<p>05 FIND YOUR MAXIMUM HEART RATE</p> <p>For moderate-intensity physical activity target heart rate should be between 64% and 76% of your max heart rate. To estimate your maximum age-related heart rate, subtract your age from 220. Example: for a 50-year-old person - 220 - 50 years = 170 beats per minute (bpm). The 64% and 76% levels would be:</p> <ul style="list-style-type: none"> 64% level: 170 x 0.64 = 109 bpm, and 76% level: 170 x 0.76 = 129 bpm <p>Workout within this heart rate zone to improve your cardiorespiratory endurance.</p> 	<p>06</p> <p>Make some time today to check in on an older relative. Ask them to tell you when in their life they felt like they were at their best, physically, mental, professionally etc.</p> 	<p>07</p>  <p>This year's theme: Health Promotion for Well-being, Equity and Sustainable Development.</p> <p><i>Find out how you can get involved!</i></p>	<p>08</p>  <p>There is compelling evidence that strong relationships contribute to a long, healthy, and happy life.</p> <p><i>Plan a date night!</i></p>	<p>09 SPRING CLEANING</p> <p>Clean out & Organize ALL the cabinets in your house.</p> <p><i>*See what you tend to stock pile and make a mental note to skip that item at the store next time.</i></p>	
<p>10 REMINDER:</p> <p>Make a list of things you need to get done this week</p> <p><i>Check them off as you get them done!</i></p> 	<p>11 </p> <p>Time to stock up on Sunscreen</p> <p>Even when it's overcast, up to 80% of the sun's rays are still being absorbed by your skin.</p>	<p>12 FIND YOUR FAT BURNING HEART RATE</p> <p>To estimate your fat burning heart rate threshold your heart rate needs to be at 70% of the highest value of your max. heart rate range. Example: for a 50-year-old person - Max HR value is 129 bpm</p> <ul style="list-style-type: none"> 70% level: 129 x 0.70 = 90.3 beats per minute (bpm) <p>Workout at this heart rate to maximize fat burn</p> 	<p>13</p> <p>Decide what kind of life you actually WANT.</p> <p><i>Then say no to everything that isn't that.</i></p>	<p>14 <i>What's for dinner?</i></p> <p>It's all about the grill!</p> 	<p>15 TAX DAY</p> <p>Invest in you future!</p> <p>Try investing part or all of your refund</p>	<p>16 SPRING CLEANING</p> <p>Open the windows and dust everything, even the blinds and on top of the shelves.</p> <p><i>*When you are done, take a deep breath in and relax!</i></p>	
<p>17 Happy Easter</p> 	<p>18 <i>What's for dinner?</i></p> <p>Protein pancakes with eggs & turkey bacon</p> 	<p>19 Strawberry Mango Spring Smoothie</p> <ul style="list-style-type: none"> 1 Mango (peeled, cut into chunks) 1 Banana (peeled, sliced) 5 lg. Strawberries 1 cup Coconut milk <p>Blend & enjoy!</p> 	<p>20 Take a salad for lunch today!</p> 	<p>21 FIND YOUR RESTING HEART RATE</p> <p>Estimate your resting heart rate when you first wake up in the morning. Find your pulse (inside your wrist, on the thumb side, is a good place). Then count the number of beats in a minute—that's your resting heart rate. Resting heart rate is an indicator of overall health. The normal resting heart rate is between 60 to 100 beats per minute (BPM)</p> 	<p>22 <i>Happy Earth Day</i></p> <p>PICK ONE TO DO!</p> <ul style="list-style-type: none"> Walk instead of drive Plant something Recycle Pick up trash around your neighborhood 	<p>23 SPRING CLEANING</p> <p>Clean out the refrigerator and pantry</p> <p><i>*Throw away anything that is expired and donate anything you don't see yourself using in the near future.</i></p>	
<p>24 Family Dinner</p> <p>Pack a picnic & head to your favorite park</p> 	<p>25 Plan to take a walk with a couple neighbors</p> 	<p>26 Clutter isn't just the stuff in your closet, it's anything that gets between you and the life that you want to be living.</p>	<p>27 Today take a moment for yourself in the middle of your work day. find a quiet spot to sit and breath</p> 	<p>28 FINDING YOUR BASAL METABOLIC RATE</p> <p>Basal metabolic rate is a measurement of the number of calories needed to perform your body's most basic (basal) functions, like breathing</p> <ul style="list-style-type: none"> Men: BMR = 88.362 + (13.397 x weight in kg) + (4.799 x height in cm) - (5.677 x age in years) Women: BMR = 447.593 + (9.247 x weight in kg) + (3.098 x height in cm) - (4.330 x age in years) <p><i>Or find an online calculator!</i></p> <p>Knowing this will help you reach or maintain a healthy weight</p>	<p>29 <i>What's for dinner?</i></p> <p>Make your own pizza night</p> 	<p>30 SPRING CLEANING</p> <p>Clean out and organize other areas you spend a lot of time in: your car, garage, backyard, office/desk</p> <p><i>*Commit to making it a habit to keep these areas clean and organized</i></p>	