



August 2022

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<p>31</p>	<p>01</p> <p><i>Find a good book, and commit to finishing it by the end of the month!</i></p>	<p>02</p> <p>“The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.”</p> <p>- Vince Lombardi</p>	<p>03</p> <p>Try planks instead of crunches for a more complete core workout</p>	<p>04</p> <p><i>Green Tea</i></p> <p>Try it over ice. Your body will thank you for the antioxidant boost!</p>	<p>05</p> <p>Stress Check</p> <p>Long term stress can effect your health Find a way to lower your stress when you experience warning signs such as:</p> <ul style="list-style-type: none"> - Chest, neck or back pain - Headaches, muscle tension - Frequent bad temper or sadness - Inability to focus or remember things - Nail biting, teeth grinding, jaw clenching - Skin breakouts, upset stomach - Irregular eating and drinking habits - Sleep problems, lack of energy 	<p>06</p> <p>Did you know!</p> <ul style="list-style-type: none"> • Cucumbers are low in calories but high in many important vitamins and minerals. • Cucumbers are made up of about 96% water • Cucumbers should be eaten unpeeled.
<p>07</p> <p>NATIONAL Friendship DAY</p> <p>Invite some friends over for dinner. Everyone can bring a dish!</p>	<p>08 TRY THIS!</p> <p>Standing Oblique Twists</p> <ul style="list-style-type: none"> • Firm stance, with core tight • Don't lock your knee • With arms held straight in front of you, hold weight or clasp hands tight • Twist slowly from side to side. 	<p>09 Learn an indigenous language</p> <p>The U.N. declared the years 2022 to 2032 the decade for indigenous languages. <u>The goal is to bring attention to the dying languages</u>, since most of them are not taught in schools or are used by the general public. Losing a language is losing an important facet of the history and culture of a people.</p> <p><small>INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE</small></p>	<p>10 <i>Mid-week Check in</i></p> <p>SELF-CARE CHECKLIST</p> <ul style="list-style-type: none"> <input type="checkbox"/> Good sleep <input type="checkbox"/> Meditate <input type="checkbox"/> Exercise <input type="checkbox"/> Read book <input type="checkbox"/> Eat healthy <input type="checkbox"/> Drink more water 	<p>11 Eat a serving of fruit at every meal today</p>	<p>12 Ask a co-worker how you can help them out today</p> <p>TEAM WORK</p>	<p>13 Swimming is a great, low impact workout.</p> <p>Take a dip today!</p>
<p>14 Take some time today to review your finances</p>	<p>15 Start your week off right by organizing your work space</p>	<p>16 ADD SOME INCLINE TO YOUR FLAT TREADMILL WORKOUT TO BURN EXTRA CALORIES</p>	<p>17 PRIORITY</p> <p>Prioritize your health.</p> <p>Without your health, you really don't have much.</p>	<p>18 WHAT'S FOR DINNER</p> <p>Chicken Fajitas!</p> <ul style="list-style-type: none"> • Chicken breast • Yellow onion • Multi-colored bell peppers • Fajita seasoning • Small tortillas <p>Sauté, grill, or air fry Serve with low fat shredded cheese, salsa & sour cream</p>	<p>19 End the week right by making a checklist and organizing your schedule for next week</p>	<p>20 Grab some friends for BOWLING NIGHT</p>
<p>21 Check in with a senior citizen in your community</p> <p>Offer to help with an outside chore, bring a meal by, or stay for a visit!</p>	<p>22 <i>Grilled Peaches</i></p> <p>Add a scoop of frozen yogurt for a healthy treat</p>	<p>23</p> <p>It takes 3 months for a new habit to take hold. Be consistent with your routine and it will soon become a part of your lifestyle.</p>	<p>24 <i>Good MORNING</i></p> <p>Get your cardio in before work</p>	<p>25 CHOOSE PUSHUPS INSTEAD OF BICEP CURLS - YOU'LL WORK MORE MUSCLE GROUPS IN THE SAME AMOUNT OF TIME</p>	<p>26 Celebrate a woman in your work place today!</p> <p>Women's Equality Day</p>	<p>27 MEAL PREP</p> <ul style="list-style-type: none"> • Whole grain english muffins • Eggs or egg whites • Low fat cheese • Turkey bacon or ham <p>Assemble & individually pack in a Ziplock. Place in the fridge to eat for the week. *Also freezes well!</p>

<p>28 This week take a SOCIAL MEDIA BREAK</p>	<p>29 BREAK UP YOUR CARDIO WITH AN INTERVAL WORKOUT (30-50 minutes) For 1 minute, jog or speed walk Followed by a 30 second walk</p>	<p>30 PROTEIN</p> <p>Try a different source of protein for one of your meals today!</p> <p>Beans, lentils, and eggs are all great sources of protein Or Choose a lean meat such as turkey, chicken or Salmon</p>	<p>31 <i>Be patient with your progress</i></p> <p>Remember that the last thing to grow on a fruit tree is the fruit.</p>	<p>August (2-4 days /week)</p> <p>15 MIN EXPRESS WORKOUT</p> <p>3 SETS EACH</p> <ul style="list-style-type: none"> • Jumping jack x 10 • Body weight squat x 15 • Bent over rows x 12 • Push up x 12 on each side • Shadow boxing 60 seconds <p>*Use weights or resistance bands when able</p>
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