

AUGUST IS NATIONAL WELLNESS MONTH



Below is a calendar with 31 Days of Activities to Nurture your MIND, BODY & SPIRIT.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>This calendar is designed to help you foster wellness in your life. We hope you enjoy the activities and feel free to add your own if something does not work for you. Be Well!</p>							<p>1 Make a commitment to the next 31 days.</p>	
MIND	<p>2 Try meditating for 20 minutes. Check out free apps for support.</p>	<p>3 Practice mindful eating. Pay attention to your body at meal time and stop when you are satisfied.</p>	<p>4 Try a crossword puzzle or Sudoku puzzle.</p>	<p>5 Learn something new.</p>	<p>6 Speak positively about yourself. Be aware of negative thoughts.</p>	<p>7 Set your intention for the day. <i>"Today, I will be patient with others; give generously; stay grounded; persevere; have fun"...</i></p>	<p>8 Unplug from technology for one day.</p>	
BODY	<p>9 Go to bed an hour earlier.</p>	<p>10 Take a walk after dinner.</p>	<p>11 Add 15 minutes of stretching to your day.</p>	<p>12 Track your steps or minutes exercising.</p>	<p>13 Add 20 minutes of resistance training.</p>	<p>14 Try a free online class.</p>	<p>15 Go for a hike or bike ride.</p>	
SPIRIT	<p>16 Call an old friend or send a note in the mail.</p>	<p>17 Watch an inspirational documentary or TED Talk</p>	<p>18 Declutter one area of your home.</p>	<p>19 Do one thing you have been putting off.</p>	<p>20 Spend some time in nature.</p>	<p>21 Perform a random act of kindness.</p>	<p>22 Write down 5 things you are grateful for.</p>	
NUTRITION	<p>23 Try a new healthy recipe.</p>	<p>24 Cut out processed foods for the day.</p>	<p>25 Make sure to drink 9-12 glasses of water.</p>	<p>26 Pack a healthy lunch.</p>	<p>27 Make sure to eat 4-5 servings of veggies & 1-2 servings of fruit.</p>	<p>28 Cut out added sugar in your diet for one day.</p>	<p>29 Focus on adding more fiber to your diet through whole grains.</p>	
	<p>30 Repeat a favorite activity from above.</p>	<p>31 Reflect on the month & what you learned.</p>	<p>We would love to hear about your month of wellness. Please share your thoughts, feedback &/or photos with us! Denise Brown at denise.brown@baysport.com.</p>					