

# SEPTEMBER

A healthy lifestyle is made up of a whole collection of small, daily decisions. The decision to eat better and exercise 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 things you can do to keep healthy, strong and motivated.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



6

**National Read A Book Day**  
Are you a book lover? Do you want to be a book lover? Then today start reading, or share good book with a friend.



**HAPPY LABOR DAY**

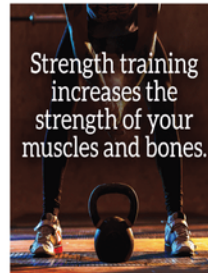
**“DON'T WISH FOR A GOOD BODY, WORK FOR IT.”**



1

**Schedule Your Workouts**  
Get your workouts ready for the month! Pencil them in weekly like any other appointment.

**2 Stress Management**  
Does returning to work during COVID-19 cause some added Stress? You're not alone: [bit.ly/3gkrJXj](https://bit.ly/3gkrJXj)



Strength training increases the strength of your muscles and bones.



4

**National Lazy Mom's Day**  
To all the amazing moms out there, take a break from your usual routine and do something for yourself today!



5

**Put Down Your Electronic Device**  
Unplug from your tablet or phone for a couple of hours and enjoy a good book or exercise.



13

**National Peanut Day**  
Grab a handful! These guys are chock full of protein and fiber and help us maintain weight loss.



14

**Eat Smart At Work**  
Like to nibble while you work? Plan out some healthy snacks for the week. [bit.ly/32hLcDd](https://bit.ly/32hLcDd)

**15 Halfway There!**  
The month is already halfway over! Check in with this month's goals and stay on track.



16

**Burrito Butternut Squash Boats**

Time for some yummy fall recipes! This is the perfect low-carb dish to share with friends and family.

[bit.ly/3hqVRSq](https://bit.ly/3hqVRSq)

17

**KEEP CALM AND GET ADJUSTED**

**19 Weekend Motivation**  
Tackle 3 things on your ever growing to-do list before 10AM. You'll be surprised how good it will feel!

**20 Get Motivated**  
Happy Sunday! Stay motivated with your goals... While you're at it, see if you can motivate someone else this week too!

**21**  
See if you can get in **at least 5 servings** of fruits and veggies today.



**22 Push It Up**  
Happy Tuesday! Push ups work almost every muscle in the body. See how many you can do this morning.



**24 Goal Check**  
The month has flown by! Did you meet your goals? Find time today to work on your health goals for next month.



**25 26 Hydrate!**  
Have you been drinking enough water? Start with 16 ounces as soon as you get out of bed. It kickstarts your metabolism!

**27 Meal Prep**  
It's a good day to start eating healthy! Try food prepping healthy meals for the week.



**28 Take The Stairs**  
Studies show the risk of Cardiovascular disease is lower among those who regularly climb stairs.



**29 Go Hard**  
Happy Tuesday! Make today your hardest workout of the week. Tomorrow, rest and recover.



**30 Treat Yourself**  
It's Wednesday! Order some take out and watch a movie tonight. It's important to make time for yourself.

**HAPPINESS IS A HABIT**  
*Cultivate it.*

**Congrats!**

You made it through September! How did you do? Start thinking about October's goals while you're at it!

**GOALS**