

# WELL-BEING MYTHS SEPTEMBER

SHARE  
YOUR STORY  
& INSPIRE  
OTHERS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>A Healthy Start</b> This month we will be sharing helpful tips and tricks to navigate food and exercise trends! Follow along for a great month.	2 <b>Happy Labor Day</b>	3  <b>Stay Skeptical</b> If a diet promises rapid weight loss or miraculous health benefits, it's likely exaggerating. Be skeptical of these extreme claims.	4 <b>Coaching Webinar</b> Join us today as Coach Shelby discusses various fad diets, weighing their pros and cons while sharing expert recommendations.	5 <b>Partner Up</b> Having trouble sticking to your goals? Find a partner to hold you accountable! Meal prep with a friend or grab a gym buddy and try a new class.	6 <b>Unplug and Unwind</b> Taking time to "unplug" can be beneficial to your well-being. Leave the phone at home and enjoy being in the moment with family and friends.	7  <b>Manage Your Stress</b> Lowering your stress levels through meditation, yoga, exercise, and other practices can help your immune system function properly.
8 <b>Your health is an investment, not an expense.</b>	9 <b>Drink Up</b> If you feel hungry, you may just be dehydrated! Be sure to drink plenty of water each day this month. Aim for 8 cups of water a day.	10 <b>World Suicide Prevention Day</b> If you or someone you know is struggling with mental health, call the suicide prevention hotline at 988.	11 <b>Patriot Day</b> Today and every day we remember the fallen victims and their families on 9/11.	12 <b>September Newsletter</b> Our Live Well, Work Well Newsletter is ready to download. Check it out on the Healthy Living blog.	13  <b>Gradual Changes</b> Healthy, sustainable weight loss typically occurs at a rate of 1-2 pounds per week. Stay consistent and see those long-term results that will last!	14 <b>Long-Term Sustainability</b> When exploring diet options, look for long term sustainability. Ask yourself if you can realistically follow this diet for an extended period.
15  <b>Prep is Key</b> When sticking to a diet, preparation can make or break you! Set yourself up for success by grocery shopping and planning your meals for the week.	16 <b>Consider Your Needs</b> What works for one person to lose weight may not work for another. Always talk to your doctor or a registered dietitian before starting any new diet.	17 <b>Eat Well, Feel Well</b> Reputable diets encourage consuming a variety of whole, minimally processed foods. Make sure you're getting in fruits, veggies, whole grains, and lean protein into your diet!	18  <b>Catch some ZZZ's</b> Your body heals and recharges during sleep, so it's important to get at least seven to eight hours of shut-eye per night.	19 <b>Being healthy is a success that many people forget to celebrate.</b>	20  <b>Nutrition is Key</b> Diets that eliminate entire food groups may lead to nutrient imbalances. Watch for nutritional deficiencies when exploring new diets.	21 <b>Rest and Relaxation</b> The weekend is here! Build some time into your schedule to rest and recharge so you're ready to tackle Monday.
22 <b>First Day of Fall</b> Say hello to the new season! Enjoy all the fun things fall has to offer before the colder winter months.	23 <b>Healthy eating is a way of life, so it's important to establish routines that are simple, realistic, and ultimately livable.</b>	24  <b>Limit Processed Foods</b> Highly processed foods might be tasty in a pinch, but they're terrible for your health. Stick to healthy whole foods for a well-balanced diet.	25 <b>Make an Appointment</b> No one likes going to the doctor, but it's important to schedule regular screenings and physicals as you age. Call your doctor today to schedule your next visit.	26  <b>Healthy Alternatives</b> When you restrict yourself, you want that item more. Find healthier alternatives for your favorite "guilty" treats like Greek yogurt with granola instead of ice cream!	27 <b>Enjoy Nature</b> Fall is the perfect time to get outside and enjoy the changing of the season. Go for a bike ride, a long walk, or take your workout outside.	28  <b>Sneak in Steps</b> Are you in the middle of a weekend movie marathon? Take a break and go for a 30-minute walk. A simple walk can do wonders for your health and mood.
29  <b>World Heart Day</b> World Heart Day educates people on risk factors for heart disease and stroke. Know your numbers so you can keep your blood pressure, cholesterol, and blood sugar levels in check.	30 <b>Track Your Progress</b> September has come and gone. Now is the time to track your progress and look ahead to October!	HealthCheck360  @HealthCheck360  @HealthCheck360				